

The Cowl

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PC Fights to Contain COVID Outbreak

Working with State Officials, the College Continues Testing, Lockdown

by Nicole Silverio '22
News Staff

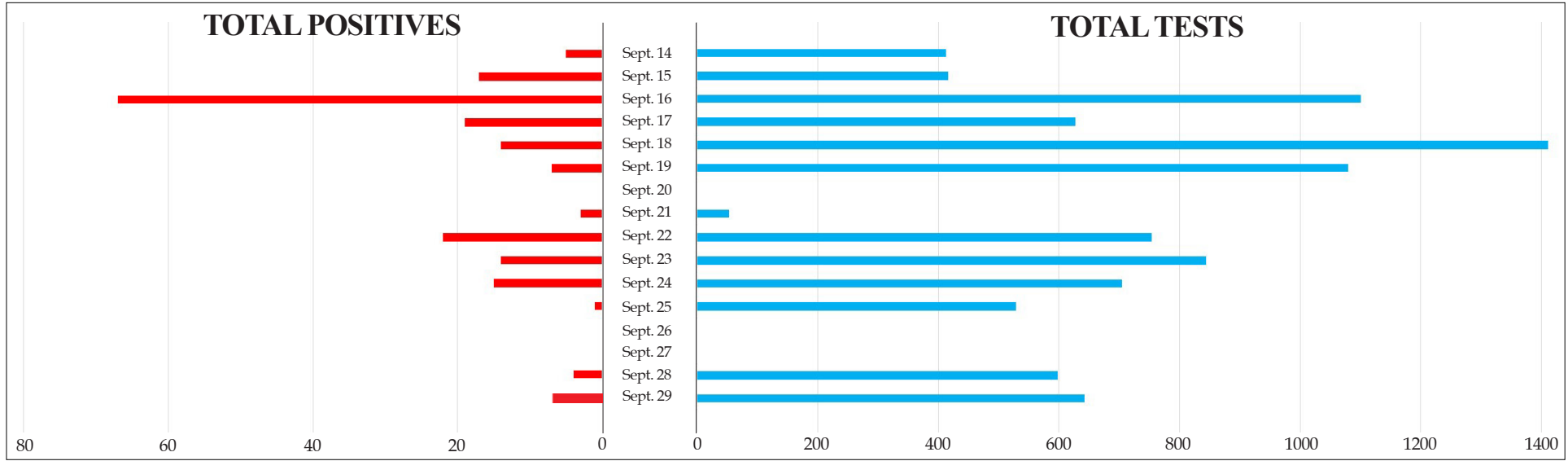
COVID-19

Providence College is facing a serious COVID-19 health crisis, with increasing cases causing lockdowns on and off campus and remote-only learning within the few weeks it has been open. As of Wednesday, Sept. 30, the College has seen a total of 206 cases, most of which have come from students living off-campus. The administration had a plan to control the virus before reopening, but some students have

not followed the College's rules, which has led to consequences for the entire campus. During the first week of classes, students and faculty received an email from College President Father Kenneth Sicard, O.P., that the administration suspended 17 students for violating the College's COVID-19 guidelines. He wrote, "I am deeply disappointed by the selfish behavior of these students who defiantly chose to ignore our COVID-19 Code of Conduct. This disregard for clearly defined protocols jeopardized the health and safety of others in our campus community." Students and faculty were required to be tested

before arriving on campus, and again at the Peterson Recreation Center upon arrival. Within the first week of classes, only three students had tested positive, providing hope for a smooth transition into the semester. Students are required to wear masks outside and inside except for in their residences; only a specific number of students are allowed in the library, restrooms, and dining hall at one time; and most classes were made remote or hybrid to prevent the spread of the virus. PC provides daily information about its response to the COVID-19 pandemic on its website.

Outbreak/Page 3

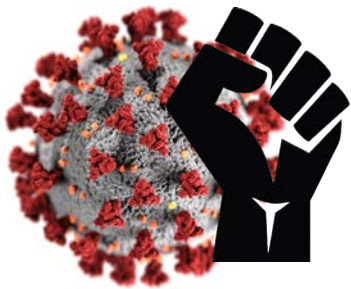


The graph above provides the most recent statistics on the total number of positive results (left) and the total number of tests conducted (right) since cases began spiking around Sept. 14. As testing revealed an outbreak, the College worked to create a mass-testing plan, testing upwards of 1000 students on three separate days, to monitor the outbreak. GRAPHIC COURTESY OF KATRINA AUCELLO '21

Anti-Racism during the Pandemic

by Alyssa Cohen '21
Opinion Staff

OPINION



The COVID-19 pandemic has upended individual lives across the nation and world. It can be comforting to call this a collective hardship shared by many; however, it may be more productive to consider each struggle as a unique one, broadening the scope by which we analyze the diverse impacts of this health crisis. One effect of the pandemic is the way in which the virus disproportionately impacts low-income communities. A Time Magazine analysis conducted back in April found that "low-income communities, particularly those with a high minority population," have suffered disproportionately from the outbreak. Providence College is located in a community whose surrounding residents are largely Black and Latinx. An outbreak of COVID-19 for students likely means an outbreak in the surrounding communities that we frequent for resources that are inaccessible on campus.

Anti-Racism/Page 7

100 Years of PC Basketball

A Look Back at Some of the Team's Most Memorable Moments

by Joseph Quirk '23
Sports Staff

MEN'S BASKETBALL

Providence College is known for many things: great academics, a friendly overall student atmosphere, and of course, its famed white-robed Dominican Friars who run the institution. Indeed, what makes Friartown so special is the pride that students have for the College, and one of the biggest sources of that school pride is PC basketball. A tradition in its own right, the men's basketball team is a central part of life at the College, and has certainly provided PC with a fair share of memorable moments. Oct. 1, 2020 marks 100 years of PC men's hoops, so let us take a look back at PC basketball's storied history.

100 Years/Page 19

PHOTO COURTESY OF PC ATHLETICS

UNDER THE HOOD

News	2
Opinion	6
Photography	10
A&E	11
Portfolio	13
Sports	18

News

Read how the Black Studies Program is celebrating its 25th anniversary.

Page 2



A&E

Check out how the new Oscars requirements aim to make the film industry more inclusive.

Page 12



Portfolio

Anna Pomeroy '23 reflects on how we tell our stories in her poem "A Lifetime."

Page 15



A Call for "Remembrance, Resistance, Revolution" *PC Celebrates Black Studies' 25th Anniversary with #BreakTheSilence*

by Kyle Burgess '21
News Co-Editor

CAMPUS

This past Thursday, Sept. 24, approximately 225 members of the Providence Community gathered virtually to commemorate the 25th anniversary of Providence College's Black Studies Program through the #BreakTheSilence Zoom. The inaugural celebratory event was designed to commemorate the actions of PC students five years ago in calling for then-president, Father Brian Shanley, O.P., to address racism on PC's campus.

Back in November 2015, roughly 100 students and faculty joined in a walk across campus, with some wearing tape over their mouths. The protestors had hoped to speak with Fr. Shanley about their list of demands, which included "increased hiring and retention of faculty and staff of color, including campus security, and creating a more supportive environment for students of color," per the Providence Journal.

In the protest's immediate aftermath, Fr. Shanley committed the College's efforts to satisfying these grievances and promised to establish committees to research and implement such demands as he signed the 2015 Demands for Redress. However, in the years following, these committees have seemingly disappeared along with any administrative interest in the demands made by those students.

Today, in light of the resurgence of the Black Lives Matter movement combined with the 25th anniversary of the Black Studies Program's founding, many students and faculty members feel that the efforts of these students back in 2015 are more pertinent than ever.

"Current students seemed not to know about the #PCBreakTheSilence movement," explained Dr. Zophia Edwards, assistant professor of sociology and Black Studies and director of the Black Studies Program, "but were nevertheless articulating that PC still was plagued by the same problems that the 2015

activists had highlighted. I wanted to create a space where the PC community could learn about what happened and about what came before, where the community could reflect on how far we have come since these events, and to imagine the future, where we might go next."

The Black Studies Program was created by student activists and faculty advisors, but they were not the first members of the PC community to address the need for systemic change on campus. "At the [Break the Silence] event, there was an alumna from the class of 1988 who said the racism and exclusion that students were describing resonated so much with her because those were the same issues she and her cohort faced when they were undergraduates at PC," Dr. Edwards explained. "That generation of students were also organizing. So current students can build on the foundation that was laid before them, pick up where former students left off when they graduated, continue the work, and avoid the mistakes of past generations."

In honor of the sacrifices and efforts made by previous Friar generations to enact change on campus, the theme for this year's anniversary celebration was "Remembrance, Resistance, Revolution." Dr. Edwards revealed that the program wanted to "pay homage to those who organized, who protested, who risked their lives, health, and happiness to make this world and this campus a more just and humane place."

She also stated that the Black Studies Program will require structural changes, including more faculty and resources, to help ensure that their aim of providing a platform for students to freely voice their opinions and advance themselves academically and socially in a community environment is preserved.

Students can continue to honor the legacy of the original Break the Silence activists and countless others by getting involved with the movement on campus. "Keeping the movement alive, staying connected with the alumni who were activists, continuing the work of maintaining those values and goals, passing

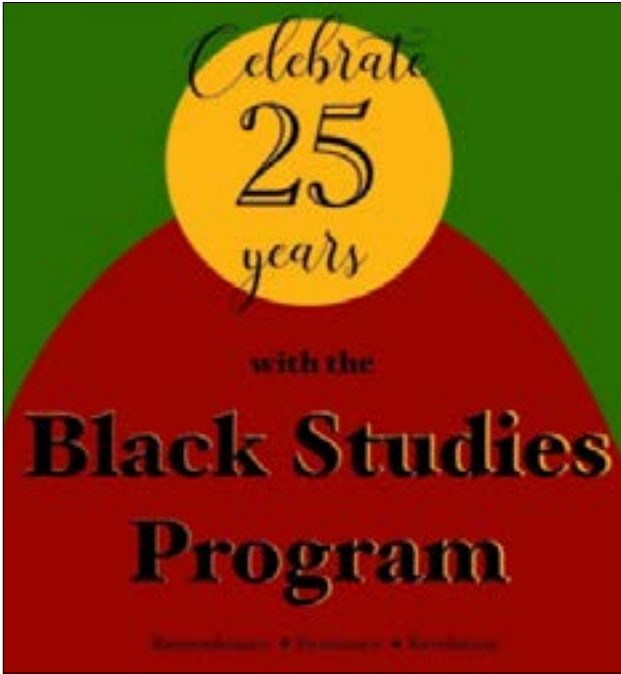


PHOTO COURTESY OF BLOGS.PROVIDENCE.EDU

The Break the Silence event allowed many to voice their thoughts.

this knowledge down from generation to generation though the student clubs and organizations on campus—these are all ways that current students can best honor the movement and keep the memory alive," Dr. Edwards said.

There is also a video of the event posted on the Black Studies Facebook page, giving students who were unable to attend an opportunity to witness the stories of alumni and faculty committed to the fight against systemic racism.

Additionally, students can follow Black Studies on Facebook, Twitter (@BlackStudies_PC) and Instagram (@blackstudies_pc) for more information about the minor, events, and the 25th anniversary celebration. For more information about the Black Studies minor, specifically, please contact Dr. Zophia Edwards at zedwards@providence.edu.

COVID-19 Fears Postpone Spring Abroad Programs

by Hannah Langley '21
News Co-Editor

CAMPUS

For many college students, traveling abroad for a semester or two is an exciting and memorable opportunity. However, because of the COVID-19 pandemic, study abroad programs across the country had to be canceled or postponed.

On Sept. 18, Providence College's global education department announced their executive decision to suspend study abroad programs for spring 2021. The decision was made by a task force composed of PC students, faculty, and administrators.

Christian Wilwohl, dean of global education, said multiple factors went into the decision to suspend the programs so far in advance. These factors included the high level of uncertainty related to the COVID-19 pandemic, adherence to Department of State and CDC guidelines, delays in passport and visa processing, and potential host country conditions and restrictions affecting the studying experience.

Another consideration was the fact that students would have to make non-refundable payments for necessities such as flights, passports, program deposits, and more.



PHOTO COURTESY OF GLOBAL-STUDIES.PROVIDENCE.EDU

Global studies is hopeful to resume abroad programs in Fall 2021.

Grace Cleary, assistant dean of global education, stated that while these were all large factors in making this decision, "Our decision was rooted in our obligation to look out for student health and safety." Overall, issues involving students and different CDC regulations in every country could create potential problems.

"If a student were to experience a medical issue abroad," said Cleary, "new hospital regulations could prevent local support staff from

accompanying him or her to assist with translation and insurance paperwork and provide pastoral support. Students arriving in-country would face quarantines and in some cases, lock-down conditions."

Although students are upset about their semester abroad being canceled, many also understand the necessity for this decision. Cassie Mirasolo '22, an economics major with a Spanish minor, was planning on doing an international business and culture program in Seville, Spain this

upcoming spring. "Honestly, I'm not surprised it was canceled considering the current circumstances, but I'm very sad about it," said Mirasolo. "I was looking forward to practicing my Spanish and experiencing a Spanish lifestyle."

She continued, saying that although she feels like she is missing out on a once-in-a-lifetime opportunity, she knows we are living in unprecedented times. "I know a lot of people talk about their time abroad as one of the best times of their lives, which makes it all that harder. It's something I was lucky to get the opportunity to sign up for through PC, but I guess we have to make the best of these crazy times!"

While abroad this spring is no longer an option, Cleary is still hopeful for abroad programs in the future.

"Study abroad has become such an important part of the PC experience and the Center for Global Education staff is ready to assist students who are planning for fall 2021 and beyond."

For those interested in studying abroad in the future, the study abroad fair will be held virtually on Oct. 5. All freshmen, sophomores, and juniors who want to go abroad in fall 2021 are encouraged to attend for more information.

Featured Friar: Caitlin Gleeson '22

Giving Back to Those in Need When People Need It Most

by Kyle Burgess '21
News Co-Editor

FEATURED FRIAR

As the country grappled with the rapid increase of COVID-19 cases this summer, many Providence College students saw their internships and other extracurricular opportunities either replaced with remote experiences or canceled altogether.

This was the reality that Caitlin Gleeson '22 faced when she saw her internship with a non-profit organization in Boston terminated due to concerns with the COVID-19 pandemic. However, the Beverly, MA native decided to take up her grandmother's offer of a potential internship with the Haven from Hunger food pantry in June. "My grandmother had been president of the organization, and she is still friendly with the current director," Gleeson explained. "Everything happens for a reason."

"It's really important to find one thing that you are passionate about. For me, it was Campus Ministry; I've met some of my closest friends through that program, but there are plenty of opportunities to make one that you are passionate about."

Haven from Hunger merged with Citizens Inn, Inc. in July 2017 to combat hunger and homelessness in the communities of Peabody, Salem, and Lynnfield, MA. Gleeson's role within the Haven from Hunger food pantry revolved primarily around clerical work as part of her "internship" experience. The pantry was responsible for feeding between 150-170 people a day (70 pounds of food daily), and it was her responsibility to ensure that meals and groceries were sent to the right people.



PHOTO COURTESY OF CAITLIN GLEESON '22

Gleeson '22 enjoys serving her community in different ways.

In addition to working with the United Parcel Service (UPS) in coordinating deliveries, keeping track of food recipients across the three towns, and recording food temperatures and production numbers, Gleeson often got involved on the front lines in her spare time.

Alongside her "Haven family" of fellow volunteers, she would often travel to the many schools, libraries, and mobile parks that hosted distribution centers for 2,500 sandwiches and groceries weekly. "We were a very tight-knit group," Gleeson stated, "and we still check on each other today to catch up." Gleeson also frequently stayed at the pantry after her 7 a.m.-3 p.m. shift ended to assist with their dinner services.

The pantry offered a diverse family environment that was highlighted by the community coming together to share in a meal, albeit more spaced out than in previous years as a result of social distancing guidelines. Gleeson's time at Haven from Hunger also inspired her to pursue a Smith Fellowship position, which allows students to work with schools in Australia during this upcoming summer.

Back on campus, Gleeson likes to keep involved with the members of her Friar Family as well. As a prayer minister within Campus Ministry and Leadership, she is tasked with praying for all of the organization's members as well as fostering a campus environment conducive to growth in prayer. Her participation in the "mercy chaplet" is an example of such efforts as she leads PC students together in prayer via Zoom.

Gleeson also bonds with her classmates on stage as a member of the PC Dance Club and with her co-workers at the Concannon Fitness Center.

Upon graduating from PC, Gleeson hopes to continue working with a not-for-profit organization before eventually transferring to the field of immigration. She cites Dr. Rick Battistoni's philanthropy class that she is currently taking along with her experience at Haven from Hunger as major influences in her decision to dedicate herself to social justice.

When asked about how students can make equally-large impacts during their time at PC, Gleeson said that getting involved is the first crucial step.

"It's really important to find one thing that you are passionate about," she explained. "For me, it was Campus Ministry; I've met some of my closest friends through that program, but there are plenty of opportunities to make one that you are passionate about. New organizations like Friars For _____ and Friars Vote are examples of students who have done this and have been successful."

Despite the uncertainty of the last several months, Gleeson's internship experience and involvement on campus are a testament to how Friars continue to make positive impacts on their communities and rise to the present challenges.

Students Breaking Rules Have Caused COVID Outbreak

PC Ordered to Go Completely Remote for at Least Two Weeks

Outbreak

Continued from front page

During the second week of the semester, all resident students received an email that students were violating visitation rules. It stated, "It has come to the attention of the Office of Residence Life and Housing that some students are planning to deliberately bring guests into the residence halls. This behavior would intentionally violate the rescinded Guest Policy, put in place for the safety of the Providence College community." The email continued, saying that bringing guests from other residence halls into your own is in direct violation of the Student Handbook Section 22, page 35. Students in violation of this code could be sent home for the remainder of the semester. Before the semester began, the administration made it clear that students were forbidden from allowing students of other residence halls into their own or having outside visitors in their residence halls.

After the weekend of Sept. 11, positive test results started coming in from the College. Several off-campus students got their tests from sites not affiliated with the College, too, causing the College to announce a lockdown for off-campus students. After the lockdown was

announced, all off-campus residents were required to report to Peterson for testing the next morning. By the end of the day, 67 students had tested positive, creating an outbreak with a total number of over 80 cases. Because of the rapid increase in positive cases, Dean of Students Steven Sears announced that on-campus students would be put on lockdown as well. Until at least Oct. 3, all classes are to be held remotely, on-campus students cannot leave the campus, and off-campus students must remain in their personal homes or yards and not interact with students in any of the other homes.

Several off-campus students have been required to isolate at the Providence Marriott Downtown, while others are isolating on the first and second floors of Davis Hall. This past Friday and Saturday, all on-campus students were tested at Peterson. On Friday, 14 students tested positive for COVID-19.

Originally, students could not return home for any reason, however, after speaking with the Rhode Island Department of Health, Dean Sears sent an email to students saying that they have the option of returning home while the stay-at-home order is in place, so long as they receive a negative test result first.

Part of the reason for the extension of remote learning and the stay-at-

home order was pressure from the state and members of the local Providence neighborhood. On Sept. 23, Governor of Rhode Island, Gina Raimondo, made a public statement regarding the consequences positive cases hold not only for PC, but for the entire state. According to her reports, contact tracing found the majority of those who tested positive were off-campus students, and reports found "students were going from house to house without taking precautions like mask-wearing and maintaining social distancing." Raimondo condemned these actions, saying, "Behavior like that this year endangers other people's lives. These are real consequences."

Local residents in the Providence area have also complained about the reckless behavior of PC students. In an interview with the Boston Globe, Darlene Correia, a resident on Clym Street, stated, "It's like they think they're immortal, like they think nothing is going to happen to them. I think they forget that there are other people that live in the neighborhood."

Fr. Sicard addressed these concerns, however, in a recent email to the PC community. He recognized the fact that 02908 has become the largest site for COVID-19 positive cases in the Providence area, and he apologized to local residents whose lives have been



PHOTO COURTESY OF TURNTO10.COM

Gov. Raimondo addresses PC outbreak in a state-wide press conference.

affected by this. "We apologize sincerely for our part in exacerbating COVID-19 positivity rates in the state, and for putting the health of residents at risk," stated Fr. Sicard.

While the College is continuing testing for on-campus and off-campus students as well as faculty and staff during these weeks, cases must decrease drastically in order for it to remain open. Students must stop going to large gatherings, wear masks, not enter residence halls besides their own, and remain on campus until further notice in order to prevent the spread of the virus.

PC Dining Adjusts to "New Norm"

by Hannah Langley '21
News Co-Editor

CAMPUS

Since Providence College made the executive decision to temporarily go completely remote following a spike in COVID-19 cases, students off-campus have not been able to leave their residences, and on-campus students have been limited in their ability to travel off-campus. For those students in quarantine, isolation, or subject to stay-at-home orders, having access to food and groceries has been difficult.

To assist students during this time, PC Dining and Sodexo have made necessary changes to ensure every PC student has access to meals, both on and off campus. On Sept. 18, the College delivered three meals to all off-campus students. Following this delivery, however, off-campus students were given the option of continuing to receive meals or to instead receive \$30 in PC Cash per day.

These deliveries demonstrated a great deal of collaboration and commitment on the part of College staff, as even Physical Plant was seen delivering meals that first Friday afternoon. John LaBrecht, general manager of PC Dining, said that he considers the deliveries a success. "The main objective of the meal deliveries is to ensure that the College students are getting three meals a day." He also noted that PC has been working closely with the dietician on staff to make sure those with allergies or restrictions are accounted for and provided appropriate meals.

Besides delivering to students directly off-campus, the College has also been delivering three meals per day to those students in isolation or quarantine staying in the Providence

Marriott Downtown. "The delivery of the meals to the various locations has been a joint effort between dining services, the College's transportation department, and the facilities department," said LaBrecht.

While students off campus are receiving meals or PC Cash as compensation at the moment, dining services have remained in operation with some slight modifications. For almost two weeks now, Raymond Dining Hall has transitioned entirely to take-out options. Sodexo employees are working to make sure everything is in to-go containers to avoid lines for on-campus students.

Alumni and Eaton Street Café have switched to strictly mobile ordering and pick up from take-out windows, as well. All of these changes, LaBrecht said, were done at the College's request "to avoid lines and for speed of service."

As the order for remote classes and stay-at-home remains in place until at least Oct. 3, LaBrecht says, "We will continue to evaluate what we are providing for the students at all of the dining locations and make necessary changes to provide as many options as possible while staying within the guidelines and mandates that we are held to."

La Brecht thanks all the on-campus students for their reaction to the changes, saying, "Overall, the students coming to eat at Raymond Hall and the retail locations have been very patient and understanding with all the changes. . . They have expressed their thanks to the dining service staff for the efforts they make to provide them meals." LaBrecht has said that he has just been taking the change one day at a time, just as the rest of the College has been doing for the past several weeks.

ANDREA TRAIETTI '21/THECOWL

Campus Ministry Creates App, Bringing the Church to You

by Sydney Olinger '23
News Staff

CAMPUS

Since the beginning of the COVID-19 pandemic and nationwide quarantine, people have been staying connected virtually through Zoom calls, social media, and many other virtual platforms. For many of the members of the Providence College community, it has been important to maintain those social relationships not only with our peers, but also with God and the Church.

To help students and faculty remain connected with their faith and more specifically, faith at PC, Campus Ministry released a new app called Providence College TORCH. The app has everything from live-streamed masses to an E-book version of the Bible.

With the app, students and faculty have access to prayers, articles, and uplifting talks with Friars and PC students. TORCH has many ways to keep users connected to their faith, but it also has resources to maintain stable mental health, which is absolutely vital in these times.

On the home screen of TORCH, there are five different tabs: Torch, Breathe, Power Up, Radiate, and Connect. Each one contains information on different topics, whether that be virtual events happening in campus ministry, reflections on Sunday's gospel, or how to be a good citizen of God in the Providence College community and world.

The Power Up tab has the livestream, information on Peer Ministry, prayers to say on your own or with others in a socially distanced manner, analysis of the gospels, RCIA, and Godsplaining. Church Chat, a section within the RCIA category, is labelled within the

app as "An RCIA Talk Show of Sorts", so if students are not Catholic but still interested in learning more about the faith, this would be the best place to go. Godsplaining is a great place for both lifelong, newly joined, or not-yet-baptized Catholics to delve deep into the readings and mystery of the Catholic faith and learn how it relates to the present day. For students looking for something a little more meditative, the Breathe tab has many articles on how to stay mentally healthy especially during a time when we may feel isolated from the world.

"One of the most threatening things we are facing presently is isolation. In college, it's natural for people to find themselves at home in this or that group on campus. Campus Ministry, however, has its goal outreach to every PC student. We want every Friar to know that we're here to support them and offer resources," stated Father Patrick Briscoe.

Fr. Patrick explains that TORCH users do not need to be a part of Campus Ministry or even to be Catholic to take advantage of all the app has to offer. TORCH will hopefully inspire all members of the PC community to engage with Campus Ministry.

One important part of the app is how it was named. Fr. Patrick elaborates on this, saying, "The name evokes the commitment to enlightenment at the heart of the College's mission. Fire brings warmth and light in dark, in difficult times. We hope TORCH brings comfort and peace in a time marked by anxiety and suffering."

Though the app will certainly be beneficial to staying connected to our faith and people both within and outside the PC community during this difficult time, it will continue to be an excellent platform for Campus Ministry and for others to stay involved in the Church.

PHOTO COURTESY OF LIBRARY.PROVIDENCE.EDU

Remembering Justice Ruth Bader Ginsburg *Looking Back on the Notorious RBG's Legacy*

by Maura Campbell '22
News Staff

WORLD NEWS

Ruth Bader Ginsburg—Supreme Court Justice, feminist, and cultural icon—passed away in her Washington, D.C. home on Friday, Sept. 18, at the age of 87. Ginsburg died due to complications related to pancreatic cancer, for which she had been treated since her diagnosis in 2009.

The Supreme Court announced Justice Ginsburg's death in a statement on Friday night. "Our nation has lost a justice of historic stature," Chief Justice John Roberts said. "We at the Supreme Court have lost a cherished colleague. Today we mourn, but with confidence that future generations will remember Ruth Bader Ginsburg as we knew her—a tireless and resolute champion of justice."

Throughout her entire legal career, including her 27 years on the nation's highest court, Ginsburg led the legal fight for women's rights in the United States. Even before her appointment to the Supreme Court, Ginsburg changed the course of American law as a lawyer for the American Civil Liberties Union (ACLU) Women's Rights Project, arguing several gender discrimination cases before the Supreme Court. The most notable of these cases include *Reed v. Reed* in 1971, which struck down an Idaho law favoring men over women in estate battles. This victory would eventually extend to the Equal Protection Clause of the 14th Amendment, barring laws that discriminated by sex. Other notable victories include *Frontiero v. Richardson* (1973), which barred gender discrimination in benefits of military members, and *Weinberger v. Wiesenfeld* (1975), which barred gender discrimination in state benefits.



PHOTO COURTESY OF COMMONS.WIKIMEDIA.ORG

Justice Ginsburg paved the way for gender equality in America.

Justice Ginsburg was appointed to the Supreme Court by former President Bill Clinton in 1993, where she continued her legal work as the second-ever woman on the Supreme Court. Finding herself consistently in the minority, Justice Ginsburg often used her extensive legal knowledge and talents to write passionate dissents on the Court's majority opinions. Regarding these dissents, she said, "Dissents speak to a future age. It's not simply to say, 'My colleagues are

wrong and I would do it this way.' But the greatest dissents do become Court opinions and gradually over time their views become the dominant view. So that's the dissenter's hope: that they are writing not for today, but for tomorrow."

Ruth Bader Ginsburg quickly became a cultural icon. By the time she was in her 80s, she was the subject of a documentary, a biopic, and an opera. She was portrayed in several episodes of "Saturday Night Live" and featured on a Time magazine cover. Nicknamed "Notorious RBG," Justice Ginsburg was viewed as unbreakably intertwined with the fight for women's rights and beloved by millions.

The response to Ginsburg's death has been overwhelming. Former President Jimmy Carter described her as a "powerful legal mind and a staunch advocate for gender equality"; President Donald Trump called her "an amazing woman who led an amazing life"; Senator Chuck Schumer tweeted a statement describing her as "a giant in American history, a champion for justice, a trailblazer for women"; and Senator Bernie Sanders tweeted that Ginsburg "will be remembered as one of the great justices in modern American history." Speaker of the House Nancy Pelosi ordered the flags at the Capitol to be flown at half-mast in Justice Ginsburg's honor.

It is impossible to overstate the extent of Ruth Bader Ginsburg's influence in the United States. Throughout her career, she broke countless barriers and defied numerous stereotypes. Ginsburg would often speak of how her family represented the American Dream: her mother was a factory worker, and Ruth, only one generation later, was a Supreme Court Justice.

Although Ruth Bader Ginsburg has died, her legacy will live on in the women whose lives she impacted and careers she made possible through her legal work.

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Counselor's Corner



Tips for Managing Stress Related to Coronavirus

Sleep hygiene is an important component of good mental health. In order to maintain good sleeping practices:

- Develop a relaxing bedtime routine 30-60 mins before you plan to go to bed
- Make sure your bedroom is dark, quiet, relaxing, and at a preferred temperature
- Try to go to bed and wake up at similar times each day – consistency is key
- Turn off electronic devices, especially those that emit a blue light (e.g. phones) and reduce melatonin
- Avoid large meals, alcohol, or caffeine leading up to bedtime
- Limit daytime naps to 30 mins or less
- Meditate or do a few light stretches before getting into bed
- Exercise during the day

@provcollege

To make a counseling appointment, or to speak with an on-call counselor after hours, call us 24/7 at 401-865-2343

Calling for Unity Amidst COVID Outbreak

A Look at the Recent Actions of PC Students, the College, and the State of RI

by **Andrea Traietti '21**
Editor-in-Chief

COMMUNITY

For two weeks now, many of us in the Providence College community have been holding our breath, waiting for the next email update and anxiously checking the COVID-19 data dashboard every night.

Many are angry about the recent actions of some irresponsible students and the reactions of both the College and the State of Rhode Island. But the one feeling that has pervaded this entire period of time for all of us is uncertainty, as we wait now for an update regarding the College's plan for the rest of the semester and wonder whether we will be able to avoid another outbreak should the College resume in-person classes.

Within the past week, public commentary by media outlets, the State of Rhode Island, and even some students has only served to heighten the anxiety, fear, and anger already felt by so many. At this time, it is critical that we work to appropriately cope with and channel our emotions, not so that we ignore them or their effect on our mental health, but so that they do not detract from our unity as a campus and from our mission as a collective community.

I write as a Providence College senior, living off-campus, and as merely one member of this community. I have no pretensions to any kind of expertise on the spread of COVID-19, the experience of being a college administrator, or the challenges of trying to protect my constituents as an elected official. Thus, I lend my voice not to criticize, but rather to put forth a call to action for all of us in this community—at PC first and foremost, but also in the city of Providence—to make improvements and work together cooperatively and with positivity to address this outbreak and the larger problems it has revealed.

We must recognize our privilege, adjust our attitudes, and change our actions. It is not too late to do the right thing.

PC STUDENTS

Unquestionably, the PC students who broke COVID-19 protocols are to blame for this outbreak. Their failure to comply with the rules demonstrated selfishness and disregard for both the efforts of faculty and administration to open campus this fall and the safety of the community at large.

Perhaps the best way those students can take responsibility and make up for the pain they have caused is by changing their behavior.

It is no secret that PC students for years now have acted in ways that are too often unneighborly and disrespectful towards our Elmhurst neighbors. The class of 2021, especially, must work to restore that relationship. In our current circumstances, abiding by COVID-19 protocols is where we must start. Following protocols sends a message not just to the local Providence community that we care about their wellbeing, but also to College administrators that their efforts to reopen this fall were not in vain.

We owe it to these people especially to do better, but in general, we owe it to each individual member in this community: student, faculty, neighbor, or otherwise. It is not just our senior year or our semester on the line—it is people's lives.

Students' attitudes and actions therefore must change. Each of us needs to take the COVID-19 pandemic seriously and view it as the serious health crisis that it is. We need to recognize our presence in this community as students who, for the most part, are only here temporarily during our time at the College. We must recognize that it is a privilege in and of itself to be living and going to school here, and that many of us have safe, comfortable places to return to should we get

sick or have to quarantine. Many people do not have that same privilege and would face serious hardship if they were to be sent home. We must be aware that our surrounding neighborhood is a predominantly low-income, majority Black and Latinx community that would pay a much higher price in an outbreak than we would.

This attitude adjustment must be accompanied by a change in action. We must obey the directives of the College and State when they tell us to stay home. We must wear masks and comply with all testing requirements. There must be a complete stop to all social gatherings during the stay-at-home order. Should the order end soon, there can be no gatherings of more than 15 people—"darties" where massive groups of students congregate outside are absolutely out of the question. Lastly, we must limit our social networks: it is not enough to keep our groups to under 15 people. We need to do our best to stick to the same 15 people or less—a "pod," so to speak—so that we limit our close contacts. According to both the College and the governor, this failure to limit our social circles to the same group of people was a major cause of the outbreak in the first place.

To put it simply, we must recognize our privilege, adjust our attitudes, and change our actions. It is not too late to do the right thing.

THE COLLEGE

While student compliance is the main improvement to be made, as we move forward, we should also consider any improvements the College could make.

The College has shown diligence in its response to this outbreak in its thorough testing program, in its compliance with State officials and directives, and in its acknowledgement of and apology for the way that the actions of some PC students have affected the State.

In his email to students on Friday, Sept. 25, Father Kenneth Sicard, O.P., said, "We have reminded students and their parents of the College's zero-tolerance policy again, and that failure to comply with all mandates issued by the College and public health authorities may ultimately result in permanent separation from the College."

Continued reminders of this policy are important, but will be more effective if they are followed by disciplinary action that is strict, swift, and equally applied. The College must hold those responsible for the outbreak accountable, as it has always maintained that disciplinary action will indeed take place for students who break the rules.

Given privacy laws, details regarding any specific incidents or students cannot be released to the general public; therefore, the community should not expect the College to publicly release information on all of its disciplinary investigations or proceedings.

Nonetheless, students have expressed concerns about the effectiveness of the College's enforcement of the COVID-19 policies added to the student handbook this past summer. The fact that students are concerned merits attention, and suggests that perhaps at least in its transparency and communication about disciplinary measures, the College can improve.

Even if the College shared more generalized information about the measures it has taken recently to investigate incidents and discipline those found in violation of COVID-19 protocol, the community might feel more reassured.

The College should continue the transparency it exhibited at the beginning of the year with the announcement that 17 students had been suspended. This kind of communication, even of a non-specific, generalized nature that still protects privacy, not only reassures students that safety precautions are being taken seriously, but it also sends a warning message, which unfortunately feels necessary at this

time, that their actions will have serious consequences.

The College could also improve the way it communicates and emphasizes the specifics of certain guidelines. Of course, students should have been aware by now that they need to limit their social networks; however, the College can do more to explain to students that limiting the size of social gatherings does not mean simply keeping any gathering to under 15 people. It means keeping social networks to the same, consistent group of 15 or fewer as best as possible. Since this was cited by both the College and the Governor as a main reason the outbreak spread so fast, the College should encourage students to form "pods" with their same groups of friends, and administration needs to communicate this guideline with much more frequency and force.

THE STATE OF RHODE ISLAND

Last Wednesday, Governor Gina Raimondo held a press conference in which she provided information on the outbreak at PC and explained that because of the spike in cases at the College, Rhode Island had been placed on no-travel lists for New York, New Jersey, and Connecticut.

Frustration at the College is justified. Calls to hold the PC students who broke the rules accountable are justified, necessary, and productive.

However, any suggestion, even any indirect implication, that the College should have instituted different policies regarding COVID-19 from any state official is not fair. This summer, the College worked with the State to put together a comprehensive, State-approved reopening plan—that the governor herself signed off on. Criticism of the College's plan after an outbreak is unfair, and simply put, it is too little, too late.

The fact of the matter is that some PC students made selfish choices that hurt everyone. However, PC was transparent in the apology it issued last week, and it took responsibility for the deplorable actions of some of its students. It is cooperating fully with the State, working diligently to get the outbreak under control, and case numbers are decreasing.

Holding those students and the College accountable for that mistake was completely necessary, but continued blame after responsibility has been accepted and action taken is counterproductive—especially during a crisis that requires unity and cooperation on individual, local, state, and national levels to solve.

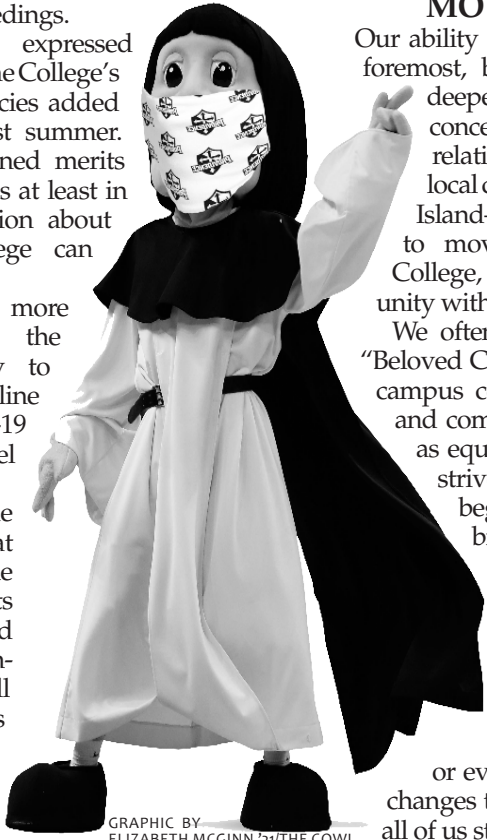
Teamwork and commitment to the common good should mark the relationship between the State and the College, in public and private communications. Anything otherwise only exacerbates an already painful situation.

MOVING FORWARD

Our ability to contain the outbreak first and foremost, but also to tackle some of the deeper issues it has revealed—issues concerning privilege, race, and PC's relationships and interactions with the local community and the State of Rhode Island—is dependent on our ability to move forward together: students, College, and State, in cooperation and unity with one another.

We often cite Martin Luther King, Jr.'s, "Beloved Community" as our vision for our campus community. That spirit of justice and commitment to care for one another as equals must guide our efforts as we strive to contain the outbreak and begin addressing the issues it has brought to light.

While there are improvements to be made across the board, we students by and large, as we have since the beginning, hold the future in our hands. If there were ever a time to exemplify that spirit of "Beloved Community," or ever a group who could best make changes to really live by its teachings, it is all of us students, and the time is now.



GRAPHIC BY ELIZABETH MCGINN '21/THE COWL

Protecting Communal Welfare in the Age of Coronavirus

Why PC Must Be Actively Anti-Racist

Anti-Racism

Continued from front page

More specifically, new findings from the New York University Grossman School of Medicine examined “the interplay between race and ethnicity and income on COVID-19 cases and related deaths in 10 major U.S. cities.”

The study determined that within the “more-poverty counties” of these cities, “those with substantially non-white populations had an infection rate nearly eight times that of counties with substantially white populations” and died from COVID-19 at “nine times the rate as those living in predominantly white counties.” Dr. Ogedegbe, professor of medicine and population health, at NYU Langone, hypothesizes these disparities to be byproducts of “structural racism.”

However, the effect of COVID-19 on low-income areas does not end at increased rates of infection. Those of lower socioeconomic status have been financially devastated by the COVID-19 outbreak, not to mention those who experienced conditions of poverty prior to the pandemic.

According to a survey conducted by the Urban Institute from March 25 to April 10, about one-third of all adults in the United States “reported that their families could not pay the rent, mortgage, or utility bills, were food insecure, or went without medical care because of the cost during the last 30 days,” and “two-thirds, or about 68.6%, of these adults had family incomes below the federal poverty level.”

This study also found Black and Latinx communities to be disproportionately affected by economic hardship, with “over 45% of [B]lack and Hispanic adults” reporting that their families experienced one or more of the aforementioned hardships within the respective 30-day period.

Such insight is particularly important to consider as PC students, given our on-campus and off-campus residents share a community with some of the lowest-income neighborhoods in the state of Rhode Island.

Take, for example, the neighboring community of Wanskuck, which is made up of 70.9% Black, Indigenous, People of Color. This is also a population in which 49.1% of residents rely on food stamps, and the median annual household income is \$36,000.



The PC community needs to remember that the impacts of our actions extend far beyond the gates of campus.

PHOTO COURTESY OF FLICKR

Being so close to an impoverished, majority BIPOC community, PC students have the ability to worsen the state of the pandemic in a community that already lacks resources if they are not mindful of their actions. Accordingly, neglecting to acknowledge concerns voiced by members of the surrounding community only exemplifies the privilege we have being at a predominately white institution.

Therefore, it is our obligation, for the sake of the common good, and in order to be actively anti-racist, to protect the health and well-being of ourselves, our social circles, and our greater community. This entails taking the appropriate measures to reduce the spread of COVID-19 amongst both on and, especially, off-campus students, as well as an activism that exceeds merely curtailing the physical threat of the virus.

It is our shared responsibility to secure the welfare of people by listening to the specific requests of the communities most significantly impacted by the pandemic, as well as the negative effects of any social or economic structure of our American society at large.

Ultimately, in light of the November elections quickly approaching, our best means of advocating for the common good may be electing leaders on a local, state, and federal level who represent, reflect, and understand the needs of the most vulnerable members of the American public.

PC must unite as a campus, not only to get out and vote, but also to actively practice anti-racist behaviors via attention to quarantine protocols and regard for our neighbors. It is the only way we may maintain any sort of protection for the common good.

Masking Accountability in Myth

The Reality of Cancel Culture Is That it Is Not Real

by Nicole Patano '22
Co-Asst. Head Copy Editor
SOCIETY

Freedom of speech does not mean freedom from consequences. When people make comments that are offensive, bigoted, or vile, they deserve to be held accountable. In recent years, all calls for holding individuals accountable for their statements and actions have been oversimplified to one term: cancel culture.

While cancel culture is not a new concept, it has gained particular notoriety in the past few years, with celebrities like R. Kelly, Kanye West, and J. K. Rowling falling victim, although victim may be too strong a term. Despite being accused of, charged with, and arrested on numerous counts of sexual assault and child pornography, R. Kelly still made \$200,000 in royalties from January to April of this year. Kanye West was “canceled” after suggesting that slavery was a choice, yet his album *Ye* debuted at No. 1 on the Billboard charts just one month later. Instead of apologizing for making transphobic comments, J. K. Rowling published a book which features a man who dresses as a woman to kill people. *Troubled Blood* topped the United Kingdom’s book charts, selling 64,633 copies in five days.

There are several myths surrounding cancel culture, the first being that it is an attack on free speech. Free speech is protected by the First Amendment against government regulation (with exceptions, of course). The First Amendment protects you from the government, not from public pressure. This is why the government could not make Dan Snyder change

the name of his football team from the Washington Redskins, but public pressure could. This is why people can get “canceled” on social media.

The second myth about cancel culture is that it punishes innocent people for statements they never made or ones they made several years ago. In most cases, a person’s guilt is rather obvious—a public tweet, a YouTube video, DNA evidence. The question is not about whether the individual intended for their statements to be racist or homophobic, but that they had the impact of marginalizing or oppressing others.

There are three reasons a person may be “canceled.” First, the person said or did something offensive or harmful. These cases are often the most controversial because individuals may be canceled for something they said or did 10 years ago—Kevin Hart stepping down from hosting the 2019 Oscars after his homophobic tweets from 2009 resurfaced is just one example.

Sympathizers of those canceled may claim that the person was just a kid or that times were different back then and such statements would have been appropriate. However, if a person is never held responsible for their actions and the harm they

caused, it will set the precedent that there is an expiration date for the harm caused by a person’s actions.

The second reason is that a person said or did something offensive or harmful *and did not apologize*. In this case, the person knows that what they did is offensive but does not care. Their public apology may sound something like this: “I am sorry that my statements hurt your feelings.” The person apologizes that you feel hurt, but does not apologize for their statements being the reason you are hurt. It is a denial of their culpability and deflects the blame onto the person who calls them out.

Often times a person who fits into the first or second categories will respond by saying that they are not racist, sexist, or homophobic. This is often the case; a person can say something racist without being a racist or do something homophobic without being a homophobe. As long as the person understands why their words or actions were harmful, apologizes for the impact their actions had, and vows to do better, they should be safe from “cancellation.”

The third case arises when a person fully intends to say something offensive or harmful because the person is a racist, sexist, homophobe, etc...These individuals repeatedly show they feel no remorse for such statements and the harm they cause. They are repeat

offenders who are wilfully ignorant about the harm their statements cause. For example, Mel Gibson has been caught on tape making anti-Black, antisemitic, sexist, and homophobic comments; yet, he is still an active and prolific actor and director. Despite the evidence against him and the fact that he has been “canceled” twice already, the list of people supporting Gibson’s career has only grown.

This brings up the third myth about cancel culture: that cancel culture is real. Based on the current status of the aforementioned victims of cancel culture, it is accurate to say that none of them have been canceled. In almost all cases, the individual is able to keep their career, status, and fan base without any repercussions. “Cancel culture” is a term used by privileged people to delegitimize the criticism and silence the actual victim.

“Cancel culture” is cited to prevent a discussion about the harm done and how those who caused the harm should be held accountable. It is a way for oppressors to play the oppressed, re-centering the sympathy on those who already have privilege and authority.

Instead, “cancel culture” must be viewed as a form of holding people in power accountable for their actions. “Canceling” is an act of withdrawing support for a person that will impact their revenue, public image, and privilege. If you continue to support a person because of what they offer you despite the fact that they are causing harm to others, you are effectively telling that person that you can excuse their behavior because you need them. You are giving that person permission to continue causing harm. Holding them accountable by refusing to support them is the only way to prevent them from marginalizing or oppressing others.



Photo courtesy of Needpix.com

Careers During COVID-19

How Will the New Job Market Affect PC Graduates?

by Julia McCoy '22
Opinion Staff

CAMPUS

It is clear that the COVID-19 pandemic has greatly impacted our small campus community. But how will it affect our lives after we leave Providence College and move on to the “real world?”

In addition to the changes we are facing on campus, it is impossible to ignore the changes in the job market over the past six months. Since the outbreak of COVID-19 in the United States in March, more than 50 million people have filed for unemployment.

More specifically, according to CNBC, 35% of people from the ages of 18 to 29 say that they have somehow been affected by this unemployment surge—this can include themselves or people in their family. These statistics are scary when students begin to consider life after college.

Additionally, unemployment rates among recent college graduates—from 2015 to 2020—have risen from 3.8% to 13.3% since March of this year. This number is certainly grim. But there are ways to combat this.

Luckily, students at the College are not alone. PC’s Center for Career Education is working diligently and adapting to each situation that is thrown its way. The class that can attest to this help the most is the class of 2020.

As Eileen Wisnewski, a career coach in PC’s Center for Career Education, explains, graduated seniors are given a “First Destination Survey” from the day after graduation until December



The job market has been negatively affected by COVID-19, leading to a rise in unemployment in recent college graduates. PHOTO COURTESY OF PROVIDENCE.EDU

of the same year asking them about career plans and job offers. If a student who has already graduated from PC needs help finding a job or practicing for an interview, they will be personally contacted by the Center for Career Education about setting up a coaching appointment.

Another program put in place to encourage students to think of life after PC is the Pivot Program. This, according to Wisnewski, was “designed to help students demonstrate professional development and gain skills while they were looking for a job or internship over the summer.”

The important thing to note is that the program was developed for both students returning this fall and those who already graduated in 2020. This proactive initiative from the Center for Career Education promises students that the Career Center will continue to provide coaching no matter the circumstances.

The Pivot Program brings up a great point: employers understand that times are tough right now, but they want to see how you are getting through it.

Are you taking advantage of opportunities or are you waiting for the pandemic to end? It might seem like the world has stopped, but adapting to the circumstances is the best way to successfully get through it.

As Wisnewski pointed out, “The major shift we are seeing is having the entire hiring process conducted virtually at this time.” This could very well continue for a while after the pandemic is over, so we should face the inevitable and start preparing now.

One of the things to prepare for the most in starting a new job is certainly the orientation process. Even for Nicole Gass '20, who is

an essential worker, parts of her training were conducted over a video conferencing system. She learned about company policies and human resources information through online services and has since been able to transition to in-person work seamlessly. Her experience shows that many employers are working hard to ensure safe and easy transitions in unconventional ways during this difficult time.

Although Julia Lorkiewicz '20 already had a job offer before the onset of the pandemic, she was worried that the changes in the job market and the rise in unemployment would have an effect on her future employment. She met with a career coach who she says “gave [her] peace of mind that eventually everything will work out.” In addition to this, Lorkiewicz completed various online programs, as her company is working fully remotely until at least 2021. Her advice is that everyone should take advantage of the new coaching appointments which helped her adapt to the new job market.

With everything currently going on in the world, it makes sense to feel uneasy about future employment and the way the world may look beyond our PC bubble. The only way to stay on top of things is to stay proactive and utilize the resources around you.

The world is rapidly changing, but PC and many companies around the world are adapting right along with it. Though the prospect of finding a job after graduation may seem daunting, it is important to remember that PC is providing a variety of resources that students may turn to in their efforts to excel.

You Are What You Look at

We Spend Too Much Time Looking at Other People

by Joseph Kulesza '22
Opinion Staff

SOCIETY

We spend a lot of time looking at other people. The average person will spend a total of 3,462,390 minutes on social media during their lifetime. Assuming that this time is not spent exclusively looking at one’s own page, social media has allowed people to follow others’ lives at a closer, virtual proximity. With over five years of our life dedicated to this one endeavor, it is in one’s best interest to understand how and why this time is being spent.

We often look at other people because they have something we do not. Cristiano Ronaldo has 237 million followers on Instagram because he has innate athletic talent and a lifestyle that 237 million people find desirable in contrast to their own lives. Ariana Grande has 202 million followers because she has something, namely

3,462,390
minutes

fame and notoriety, that 202 million people also find appealing. Similar attributes can be said for Dwayne Johnson, Kylie Jenner, and Selena Gomez, who respectively have the third, fourth, and fifth most followed accounts on Instagram.

At face value, admiring, or even idolizing these people appears to be an innocent or benign habit. But this tendency has concrete repercussions that may never be recognized by social media users.

The first problem arises from the very reason public figures are public to begin with: they have something other people do not. Some of us may recall from our Development of Western Civilization classes that envy is one of the seven deadly sins.

In being fixated on another’s goods, comparisons are made between oneself and others. In this way, everything can become a competition between what others have and what one wants. This competition is not only one that is impossible to win, but is also an unfair one, as on social media, people make their lives look much better than they actually are. Viewers are always at a disadvantage.

When people excel in one area, we tend to expect that they excel in all other areas as well, something known as the halo effect. Athletes that excel in utilizing their physical talents or artists who excel in writing music may lack skills in other areas of their lives. It does not take long to think of examples supporting this claim.

Ultimately we should spend less time looking at other people and more time looking at ourselves.



Kylie Jenner has the fifth most-followed account on Instagram, with millions of followers to date. PHOTO COURTESY WIKIMEDIA

Introspection is not a selfish trait, but rather a tool that allows people to better themselves so that they may better others. 3,462,390 minutes is a lot of time that, spent fruitfully, could positively impact the other millions of minutes that constitute our lives.

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Appreciating the Many Ways We Can Lend a Helping Hand



by Andrea Traietti '21
Editor-in-Chief

EDITOR'S COLUMN

Shortly before moving back to Providence this summer, I was having a conversation with my dad and he mentioned something he saw on Facebook that had really stuck with him. It was a quote that read, “Remember

whenever you’re in a position to help someone, be glad and always do it because that’s God answering someone else’s prayers through you.” I really liked the sentiment the quote conveyed and I found it especially relevant given the difficulties that so many individuals and families are facing right now, so I wrote it down in the notes app on my phone. I forgot I had written it down until it came to mind as I was reading through mental health awareness posts on social media a few weeks ago during National Suicide Prevention Week. Regardless of whether you are religious or not, I think the sentiment behind the quote is all the same: it can be difficult to identify what struggles a person might be silently contending with, and we do not always know what help someone else might be privately praying or hoping for. However, offering help can sometimes be as easy as just checking in, sending a text to a friend to let them know you are thinking of them, or making time

to meet up for a coffee. Understanding that help can take the form even of these small gestures makes it much easier to realize just how often many of us are in positions where we can help someone else. There are many of us here at Providence College who are privileged in different ways, but there are also many students on this campus who do not have those same privileges. When it comes to mental health, there are more still who are struggling silently, especially in these uncertain times. Right now, we need to ensure that mental health awareness is something we prioritize and advocate for year round—not just for a designated week or month—and we must continue supporting and showing up for one another. We should remember, therefore, that any time we are privileged enough to be able to offer help, we should offer it freely and gladly, as we never know when even the smallest act of kindness or support might be exactly what someone needs to keep moving forward.

TANGENTS & TIRADES

The Harsh Realities of Outdoor Classrooms

Providence College has attempted to normalize hybrid classrooms, in which both in-person and remote students are in class at the same time, but one new addition to campus has shown serious faults in providing all students an equal education—outdoor classrooms. Big white circus tents lit with inviting, warm bulbs have popped up around all corners of campus. In theory, these tents may seem like a fantastic and innovative solution to the social-distancing mandates brought on by the COVID-19 pandemic. In reality, though, any remote student attending a hybrid outdoor lecture over Zoom knows that this experience has been less than ideal and not an enticing opportunity by any means.

While the outdoor students benefit from fresh air, personal conversation, and larger physical gatherings, their Zoom counterparts are struggling online. Choppy audio, whistling wind tones, nearby dorm music, car engines and alarms, and hushed, critical information from professors and classmates fill the earbuds of online students who are attempting to listen on the other end. Although each group is paying the same tuition, in-person students leave fresh-faced and fulfilled while Zoomers log off confused and unlearned.

While PC has made some necessary learning and creative developments to on-campus learning and teaching, there must be a more precise structure or formula for outdoor learning before it can continue as a commonplace option for class. In order to provide both in-person and remote students an equal education during their time learning physically apart, hybrid classrooms must return to their more familiar location inside an on-campus classroom enclosed by four walls.

Dress for Success on Zoom

Waking up to get out of bed just to spend all day sitting in front of your laptop does not increase the motivation to put on a nice outfit for the day. Many of us stick to sweatshirts, or even t-shirts for our daily Zoom classes. But is this what we should be wearing? At a time when motivation may be lacking due to the pressures of the pandemic, dressing up ever so slightly for classes has the effect of increasing one’s spirits and productivity levels. It also shows care for the class and a willingness to learn. Zoom classes are not how many of us would choose to spend class time, and we may even find it exhausting by the second class. However, this is the reality we live in currently, so why not make it work? Try wearing some comfortable shorts with a nice top. A t-shirt, maybe, that does not have writing on it but is instead a simple, plain color. As students, it is important that we try to make the best of this situation. It is easy to throw on a sweatshirt or simply stay in our pajamas, but we should try to fight the urge and come to class in attire made for traditional in-person classes, just as we would if this were a normal semester. A simple routine of changing into a nice shirt in the morning could help quarantine go by faster, and your mental health may thank you. It will be nice to see everyone on Zoom wearing something slightly above pajamas, but less work than 9-5 attire.

Extra Lecture Is Too Much

The switch to learning on Zoom has created a major disruption in the normal curriculum for most classes. Professors and students have had to adapt in order to find a balance that is as close to normal as possible. Yet, with this new mode of learning, professors have been posting additional virtual lectures and busy work in order to make up for these drastic changes. Professors should not be assigning all this extra work solely because of the switch to online learning. Some may argue that adding these extra virtual lectures is necessary for the time lost due to the difficulty of learning online. However, online classes last for the exact amount of time that they would if they were in person. Additionally, in the pre-pandemic world, professors typically did not assign extra lectures or work to complete outside of class on top of homework, so why begin now? Additional work creates more stressors which weigh on students. Most already have stressors as a result of the uncertainty surrounding the pandemic and the stress caused by the difficulties of online learning. Adding superfluous work only serves to increase these struggles. Because online learning is inconvenient for both professors and students, both parties should work together to find a balance that is the most ideal in creating a comfortable and near-conventional classroom setting. Perhaps the solution would be to find a better balance between lecture time and discussion time during Zoom sessions, or designating certain class meetings to lecture and others to discussion. Nevertheless, the solution should not be to assign additional work, as that only amounts to additional stress.



— Madeline Morkin '22



—Erin Garvey '22



—Emily Ball '22

PHOTOGRAPHY

October 1, 2020



BRIANNA COLLETTI '21/ THE COWL

LEFT: St. Dominic’s Chapel captured during sunset on a quiet summer night prior to the return of students and faculty. This is one of many sites on campus where the view of Providence College’s sunsets are most picturesque.

MIDDLE: Fall has officially arrived on campus bringing colder weather and beautiful fall foliage. Harkins Hall glows in the golden hour sunlight. In North Providence the leaves have begun to change, adding even more natural beauty to the city.

BOTTOM: The Rhode Island State House is an iconic landmark in the city of Providence. It is hard to miss this notable sight while taking a stroll down Smith Street, or driving back to campus from the Gaspee Train Station.



BRIANNA COLLETTI '21/ THE COWL



ISABELLA BAFFONI '22/ THE COWL



BRIANNA COLLETTI '21/ THE COWL

The Legacy of Ruth Bader Ginsburg

Books and Movies to Inspire a New Generation

by Grace Whitman '22
A&E Staff

FILM/LITERATURE

The loss of Supreme Court Justice Ruth Bader Ginsburg has been felt throughout the entire country as we have lost one of the most influential women in American history. Nicknamed “the Notorious RBG,” Ruth Bader Ginsburg, a lifelong advocate for gender equality and human rights, passed away due to complications from metastatic pancreatic cancer on Sept. 18 surrounded by her family. The gender equality cases for which she litigated and helped to decide on the Supreme Court will continue to shape the law for generations to come. For those who want to learn more about Ginsburg’s life, there are many movies, television shows, and books that honor her legacy.

The book *My Own Words*, written by Justice Ginsburg and her two biographers, Mary Hartnett and Wendy W. Williams, was released in 2016 and became a *New York Times* best-seller almost immediately. The book includes excerpts from some of the most defining moments of her life, including essential court cases and life experiences. Ginsburg pays tribute to some of the most important figures in her life who inspired her, including her mother Celia Bader, American feminist and social activist Gloria Steinem, and the first female Supreme Court Justice Sandra Day O’Connor. *My Own Words* shows Ginsburg’s passion for life and dedication towards making our world more just.

The 2018 film *On The Basis of Sex*, starring Felicity Jones as Ginsburg, begins with Ginsburg walking into Harvard Law School as one of only nine women admitted to a 561-person class. A true testament to her dedication and work ethic, Ginsburg is shown raising her daughter Jane, attending her own classes, and attending her husband Marty’s classes when he was diagnosed with cancer—

all at the same time. Despite these challenges, Ginsburg tied for first in her graduating class.

Later in the plot, the film acknowledges her struggle in finding a job post-graduation. She did not receive a single job offer from a law firm in New York City, regardless of her qualifications, as a result of being a woman. She persevered, however, and obtained a law professorship at Rutgers University, beginning the career which would propel her into the Supreme Court. This movie showcases the legacy of Justice Ginsburg and will most definitely inspire many young women and men to dedicate their lives to mirror Ginsburg in fighting for what is right.

Finally, *RBG*, a 2018 documentary, received multiple Academy Award nominations for Best Documentary (feature) and Best Original Song for a film. The story begins with Ginsburg’s childhood in Brooklyn, New

York. Viewers are then shown the exceptional life of Ginsburg, and more specifically what motivated her to change the world for women. Inspired by the precedent set by racial equality activists, she expressed her desire for equal rights and protection for women. RBG changed the legal system forever as she argued several cases that demonstrated that discrimination on the basis of sex is unconstitutional, citing the 14th Amendment of the United States Constitution as evidence for her arguments.

Other extremely successful books about RBG include *Notorious RBG: The Life and Times of Ruth Bader Ginsburg* and *Ruth Bader Ginsburg: A Life*, a biography. Ruth Bader Ginsburg broke the glass ceiling and shattered stereotypes for women and men alike. To honor her legacy, keep asking yourself: “What would Ruth do?”

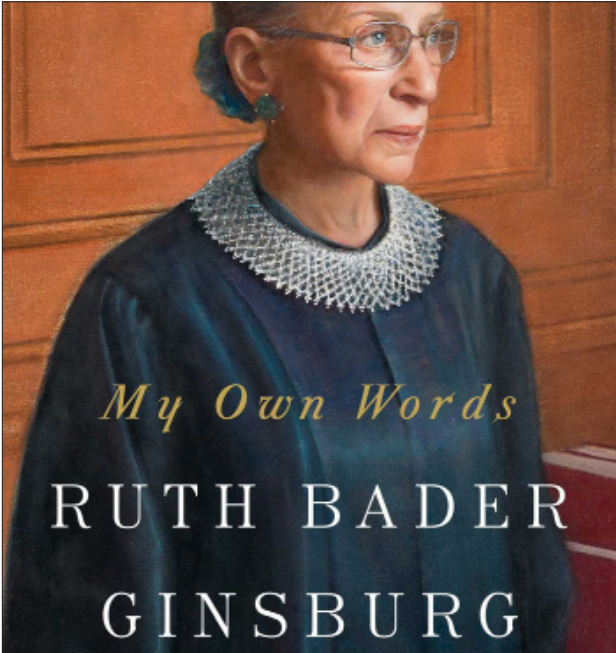


PHOTO COURTESY OF AMAZON.COM



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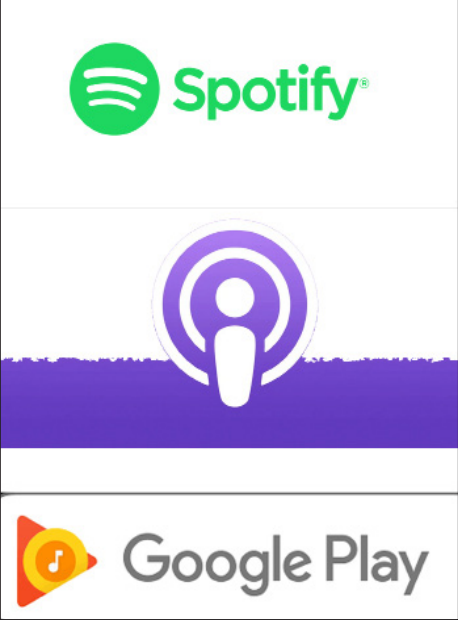
Podcasting: A Rising Player in the Entertainment Market

The Lucrative Potential of a Competitive Growing Medium

by Dave Argento '21
A&E Staff

PODCASTS

With people having more time on their hands than they ever could have imagined pre-quarantine, drastic shifts in the consumption of entertainment have



GRAPHIC COURTESY OF PATRICK FULLER/ '21

Pictured above: three out of the four major players in the podcast entertainment industry.

signaled new trends that may extend far beyond the days of masks and social distancing. Entertainment consumption has shifted even further towards the internet and the home, correlating to greater viewership and more large-scale investments in the podcasting industry.

Podcasting is expected to grow in revenues from just over \$1 billion in 2020 to \$3.3 billion in 2025, leading a multitude of influencers, celebrities, and companies from other forms of media and entertainment to flock to the growing market. The remarkably low barrier to entry has led the likes of Michelle Obama, Oprah Winfrey, Conan O’Brien, Jenna Fischer, and more to plug in the microphone and press the record button. With this newfound interest from celebrities as well as listeners, many podcasters have started to receive the financial compensation that had not been available in previous years.

The primary challenge podcasters have historically faced has not been the demand, but rather the oversaturation of supply. With over one million podcasts and over 30 million episodes as of April 2020, most of these producers have never seen a penny for their work. The podcasts that have been able to attract significant viewership have earned revenues, the majority of which have come via advertising and sponsorship.

This has led to a growth in the industry, but the largest boom has come within the last two years with large-dollar licensing deals through major media companies.



PHOTO COURTESY OF THE VERGE

Joe Rogan hosts one of the most lucrative shows.

Spotify has made the greatest effort to take the lead in the race for the podcast market. According to Wendy Lee of the *Los Angeles Times*, “One of Spotify’s most recent high-profile deals was with podcaster Joe Rogan for an exclusive

video and audio podcast worth roughly \$100 million.” Rogan’s move to Spotify on Sept. 1 proved that the millions of listeners that the high-profile podcaster has consistently pulled are finally being recognized by large corporations. CFO of Spotify Barry McCarthy is quoted telling CNBC that “podcasts will be as important to us as original content is to Netflix.” The \$400 to \$500 million invested by Spotify in acquiring podcast companies in 2019 has solidified the fact that this is no pet project for the titan streaming platform.

Heightening competition between the major podcast streaming platforms of Apple Podcasts, Google Play Music, Spotify, and YouTube has appeared beneficial for monetizing the podcasting scene. However, the major concern with big business investment is how this will influence what creators can produce under their signed licensing deals. Issues have already arisen with Rogan’s deal, for example. Spotify shares dropped 8.8% on Sept. 2 following viewer backlash against the exclusion of episodes with right-wing personalities on Rogan’s debut catalog. The podcasting industry is a quickly evolving scene, so only time can tell how much growth it will achieve. Issues of political controversy aside, however, podcasts will continue to be a profitable form of media for years to come.

Country Music and COVID-19: The 55th Annual ACM Awards

Urban Opens with Solemn Monologue on Social, Climate Justice

by Madison Palmieri '22
A&E Staff

MUSIC

Although the Academy of Country Music (ACM) Awards are usually held in April or May, the COVID-19 pandemic forced the program to be postponed until Wednesday, Sept. 16. As with other recent awards shows, the ACMs looked much different from what fans are used to. Many artists performed live in locations such as the Grand Ole Opry House, the Ryman Auditorium, and the Bluebird Cafe, but they did so in front of empty audiences. While the larger venues made use of colorful lights and other



PHOTO COURTESY OF SPOTIFY

visual effects, the absence of fans' energy was certainly noticeable throughout the night. Another interesting adaptation was the use of a hyper-realistic Google Earth graphic to indicate when the performance venues shifted from one location to another. Not only did COVID-19 force the ACM's usually packed audiences to watch the show from home, it also forced the show's participants to abide by social distancing restrictions. Acceptance speeches were given onstage but surrounded by individuals in masks and distanced from one another. Following an opening medley in which the nominees for Entertainer of the Year, including Eric Church, Luke Combs, Thomas Rhett, Luke Bryan, and Carrie Underwood, performed some of their most iconic songs, host Keith Urban took to the stage of the Grand Ole Opry to solemnly welcome the crowd. He acknowledged the ongoing wildfires on the West Coast and the threat of Hurricane Sally on the Gulf Coast, as well as the ongoing movement for social justice and, of course, the COVID-19 pandemic. With regard to the awards themselves, some of country music's most-beloved artists took home the night's biggest awards: Carrie Underwood and Thomas Rhett tied for Entertainer of the Year, a first in the award show's 55 years of



Old Dominion and Taylor Swift both took home ACM Awards at the 2020 ceremony. PHOTOS COURTESY OF SPOTIFY

production; Maren Morris and Luke Combs won the ACM Female Artist of the Year and Male Artist of the Year, respectively; Dan + Shay received the ACM Award for Duo of the Year; and Old Dominion won the ACM Award for Best Group. Newcomers were likewise celebrated, with Riley Green and Tenille Townes taking home the prize for New Male Artist of the Year and New Female Artist of the Year, respectively. Other winners included Old Dominion for Song of the Year with "One Man Band," Blake Shelton for Single of the Year with "God's Country," Luke Combs for Album of the Year with *What You See Is What You Get*, and Thomas Rhett for Video of the Year with "Remember You Young." Notable performances include the debut of two duets: Keith Urban and P!nk's "One Too Many"

and Blake Shelton and Gwen Stefani's "Happy Anywhere." The most-anticipated moment of the night, however, came with Taylor Swift's long-awaited return to the country stage after a seven-year departure with her first-ever live performance of "betty," a track from her new album *folklore*. Strumming an acoustic guitar and accompanied by a harmonica, her simple, stripped-back performance was reminiscent of the country hits that defined the singer's early career, yet with the wisdom and maturity of her later albums. While this year's ACM Awards ceremony differed from those of years past, it will certainly be remembered not only for its sheer volume of musical talent, but also for its ability to adapt to these uncertain and unprecedented times.

Introducing New Oscars Diversity Requirements

Best Picture Category Gets Qualifiers for Inclusion

by Grace Whitman '22
A&E Staff

FILM

After the Academy of Motion Picture Arts and Sciences failed to nominate a single person of color for Best Actor in a Leading or Supporting Role in January 2016 for the second year in a row, it was blatantly obvious that the Academy needed change. In 2016, 92% of top film directors were men, and 86% of top films featured white actors in lead roles. The lack of diversity reflected in film is an industry-wide problem; thus, a special task force was created to set new representation standards for films to be eligible to compete for Best Picture. Under the new guidance, filmmakers must fulfill two of the four following standards in order to be nominated for the Best Picture category. The standards will go into effect in 2024, giving filmmakers time to adjust to the new requirements. In order to meet Standard A, the film must either feature at least one lead actor or significant supporting actors from an underrepresented racial

or ethnic group, have at least 30% of all actors in secondary and more minor roles from at least two underrepresented groups (such as women, people of color, LGBTQ+, or individuals with cognitive or physical disabilities), or include a main storyline centered around an underrepresented group. In order to meet Standard B, at least two key crew members must be female, LGBTQ+, disabled, or from an underrepresented racial or ethnic group, or 30% of the film's crew must be from an underrepresented group. Standard C requires the film's distributor to employ apprentices or paid interns from underrepresented groups. Finally, Standard D requires the film company to have executives in its marketing, publicity, or distribution teams that are members of these underrepresented groups. The reaction in the film industry has been incredibly mixed, with some people expressing disagreement over the decision. Dean Cain, known for playing the role of Clark Kent/Superman in the television series *Lois & Clark: The New Adventures of Superman*, was a major critic of the new requirements, tweeting on Sept. 8, "How about we judge on this criteria—

which film was the BEST PICTURE? (also, when do we start handing out participation Oscars?)." Other critics believe that these new requirements reflect affirmative action because they supposedly put race as a predominant factor in choosing the winner. These critics believe that the best film should win, regardless of its commitment to diversity and inclusion. Additionally, many believe that these new standards will not change the practices or stories being told through films, but will only serve as a quota that films will need to meet. On the other end of the spectrum, many actors and actresses have shown their support for the Academy's new requirements, applauding the new guidance as a much-needed step toward building an industry that truly reflects its audience. Hollywood Producer DeVon Franklin, who played a large role in creating the new guidelines, was asked about the controversy in an interview with *Deadline Hollywood*. In response, he said, "We do think that actually when people take a moment and read through the standards, and see that there is so much flexibility, it will actually help inform how they are looking at it. When you are just reading a headline, it is easy to react but when you actually get into the standards and how much flexibility there is for filmmakers and studios and many major distributors to apply it really enhances the creative process. It doesn't restrict it." As Franklin explained, films still have several behind-the-scenes ways of achieving eligibility for Best Picture through the new standards. Despite their criticism, the new requirements still allow for creative freedom that could help to make the industry more inclusive. The new requirements will allow movies to reflect the diverse audience and industry populations. Although there have been mixed reactions to the Academy's decision, the progressive intentions of the new requirements will enhance creativity and allow for the advancement of inclusion in the entertainment industry. With these new diversity standards, the Academy has taken definitive action against the systemic inequalities in Hollywood.



The Academy's recent announcement of its diversity requirements for Best Picutre received mixed reactions.

PHOTO COURTESY OF PIXY.ORG

Wedding Lace

by Ellie Forster '24
Portfolio Staff

FICTION

Every day she woke up at seven to leave at seven thirty to get to school at eight. She always walked, no matter what. Since about halfway through the fourth grade, she walked alone. That was, until her mother shoved a six-year-old's hand in hers, said something about new neighbors, new school, and said to walk with her. So, now she walked slightly less alone. The little girl babbled on about breakfast, about her sneakers, about her mom, about her old house, about her new house, and everything else there was to babble about. Eventually she acknowledged there was something in her presence, something with conscious thought.

"Do you wanna know a secret?"

She paused, thinking about it. Saying yes would mean more talking, saying no would surely mean the same. With no way to win, she gave in.

"Okay."

"My name isn't Buttercup."

"Okay."

"But that's what you have to call me."

"Okay."

"Because I saw a movie, and the princess's name was Buttercup, and she was in love and it was awesome, and now that's my name, but except it isn't really."

"Okay."

"You probably don't know that movie."

"Probably."

"It's *really* old. Older than you even."

"I bet."

Another pause, as Buttercup tried to think of something to say. It wasn't long before she did.

"Why do you walk to school?"

"What?"

"Why don't you take the bus?"

"I dunno, driving makes me sick, so I like to walk, I guess. My dad walked with me when I was little."

"Oh." She kicked a rock in the road. "Was he quiet like you?"

She thought about that for a while. She guessed it was true; she and her dad never really had conversations on their walks. But he wasn't

quiet either. He loved to talk, and she loved to listen to him. He never talked about himself, or her mom, or anything as unimportant as that. He would just tell her these weird stories. She always paid attention as closely as she could, and then she'd repeat them to herself throughout the day. That's what she'd do on these walks to school normally. She'd stare at the ground and hear her dad's voice in her head, trying to remember the words he used as best she could.

"No, he would talk."

"What would he say?"

"He would just tell me things. Stories."

"Like movies?"

"Kind of, yeah."

"Can you tell me one?"

She paused, thinking and moving. She looked down blankly at Buttercup, who was wide-eyed and smiling. She cleared her throat.

"Yeah, okay."

"Yay!"

"Yeah, okay. Right. So, there's a man, and his name was, um, well, his name doesn't matter, he's the only guy in the story. Yeah, so there's this guy, and he's going to marry this woman, this girl, who can't love him back. She just won't let herself, basically, and—"

Buttercup tapped her. "Was the man handsome?"

"Yeah, I guess so."

"Was he nice?"

"Yeah, I guess."

"So, why didn't she love him?"

"She just didn't, listen to the story, okay?"

"This is stupid."

"Do you wanna hear the story or not?"

Buttercup nodded begrudgingly.

"Okay, so she didn't love him, because she

couldn't love anyone since her sister died. Her sister had been, like, this perfect, beautiful,

girl, that everyone loved. And, oh yeah, the man had loved the sister before, and then once the sister was dead, he decided to marry her instead. Anyway, the woman always felt, like, less than her sister, and she hated her because of it. But she also loved her sister. It was complicated, I guess. They were best friends, but she, like, hated her, in a jealous way. But then when she died, after they buried her behind the chapel, the man proposed to her instead. She felt awful, 'cause she knew her sister had actually loved him. It was this horrible joke, 'cause now she finally didn't hate her sister anymore, but she was still second to her. The guy only wanted her 'cause he couldn't have her sister. But she agreed to marry him."

Buttercup interrupted, "Why?"

"I'm going to get to that."

Buttercup looked down, embarrassed. She almost felt bad. "Hey, sorry," she said, and the little girl looked up at her. "I can stop now if you want. I know you prefer the prince, princess, true love thing."

"No, it's okay."

"Okay," she paused, trying to remember where she left off.

"So, the wedding. The guy had this dress made, this beautiful big gown, with real white flowers called 'Queen Anne's Lace' sewn into the fabric 'til the dress was coated in the stuff.

Since they were using real flowers, they had to get them the night before the wedding so they would be fresh.

They had made two dresses, so she could see what it would look like with the flowers before the actual day. So, in her closet she had a dress with dying flowers that reeked."

She got excited because she used to repeat this next one line to her-

self all the time. She loved the way her dad had said it. "It's that smell dead flowers have, like sour wine, like some sickly sweet promise has been broken." She looked at Buttercup after that line, expecting her to be in awe. She just looked back at her, waiting.

She kept going. "Anyway, on the night before her wedding, once she had the dress, she made everyone promise that she could get ready by herself, and that she could do it in the chapel. So, when they came in, there she was standing at the end of the aisle, in her beautiful, pure white dress. Except it smelled awful in there, and everyone was freaking out, 'cause this place was decked out completely in flowers, so it should've smelled awesome. Once everyone was inside, the door slammed shut behind them, and there was the woman, in the dress with the dying flowers. She was covered in dirt and stuck a shovel through the door handles, trapping them. Everyone was shocked, but mostly 'cause, if she was there, who was at the end of the aisle? So, the guy ran down and lifted the veil, and it was the sister. She was all rotted, the other half of that awful smell. Everyone freaked out. A bunch of people fainted, the guy was crying, it was chaos. And then the woman just walked herself down the aisle, took out a knife, cut off her dead sister's finger, and put the guy's ring on it. Then she walked out, and no one ever saw her again. That's the end."

Buttercup's mouth hung open, and her little hand had gone limp. They had arrived at school and were standing still outside of the kindergarten classroom.

"Well. Bye, then. I'll come pick you up at the end—"

Buttercup suddenly unfroze and hugged her. "Thanks! Can you tell me it again on the walk home?"

"Okay."

She stood there again in six hours, until a little girl bounded out and grabbed her hand. She began, "So, there was this guy..."

THE MASK

by Sarah Heavren '21
Portfolio Staff

POETRY



The mask cannot hide my fears
Nor make emotions disappear.
Its function is critical.
Its protection is physical.

Its weight can feel like concrete.
It muffles my voice when I speak.
It means so very much more
Than a mandate to go outdoors.

The problem is not the mask.
Wearing it is a simple task.
It is for the greater good,
But it evokes a somber mood.

Days of loss and days of change
Make the familiar too strange.
The mask makes mouths disappear,
But the mask cannot hide my tears.



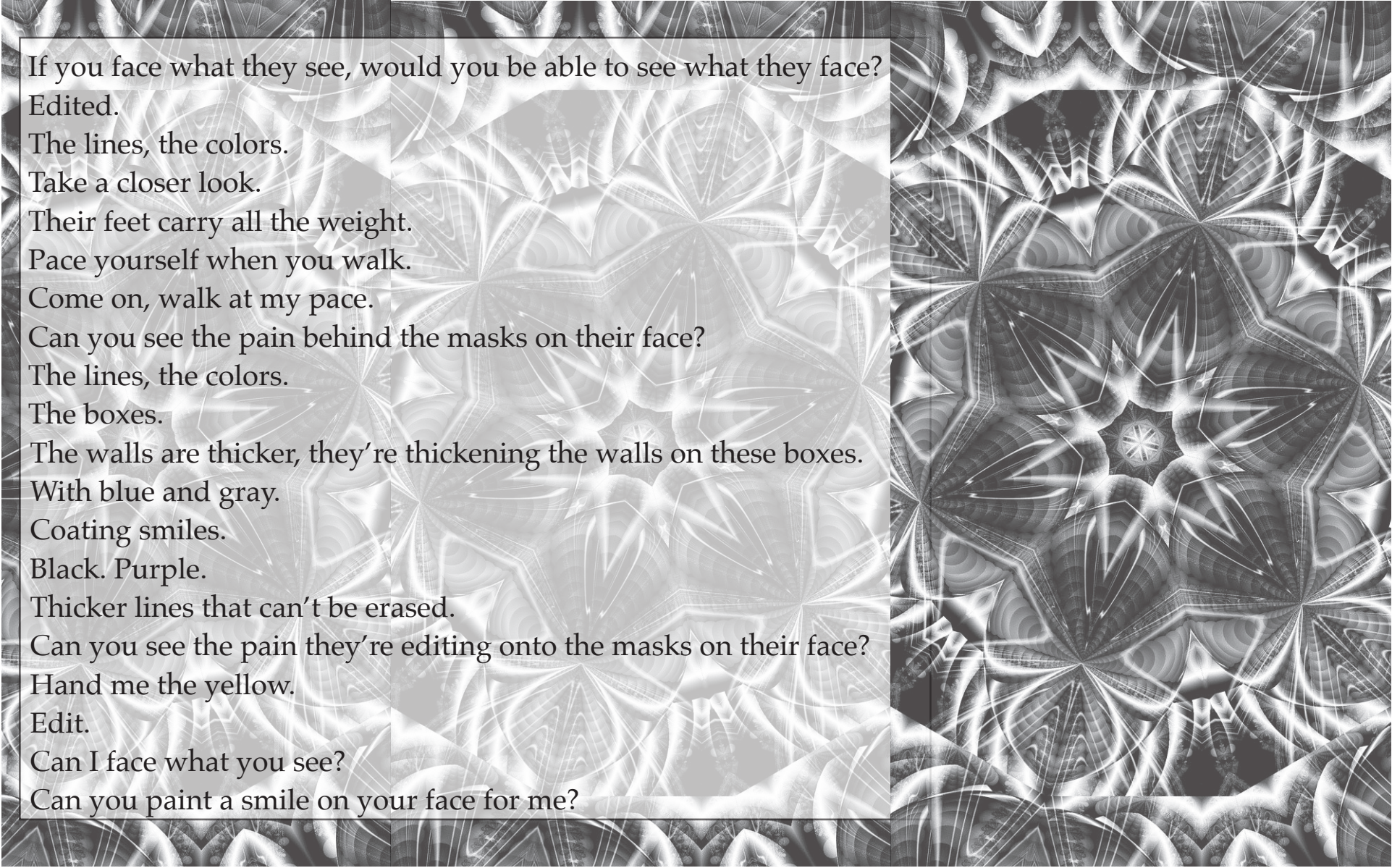
PHOTOS COURTESY OF PEXELS.COM

KALEIDOSCOPE

by Jessica Polanco '21
Portfolio Staff

POETRY

If you face what they see, would you be able to see what they face?
Edited.
The lines, the colors.
Take a closer look.
Their feet carry all the weight.
Pace yourself when you walk.
Come on, walk at my pace.
Can you see the pain behind the masks on their face?
The lines, the colors.
The boxes.
The walls are thicker, they're thickening the walls on these boxes.
With blue and gray.
Coating smiles.
Black. Purple.
Thicker lines that can't be erased.
Can you see the pain they're editing onto the masks on their face?
Hand me the yellow.
Edit.
Can I face what you see?
Can you paint a smile on your face for me?




PHOTOS COURTESY OF PIXABAY.COM

You + Me = Destiny

by Toni Rendon '24
Portfolio Staff

POETRY



I don't believe in religion
So, for Me there's no heaven or hell
There's only one higher power for Me
And its name is destiny
I can pinky promise
It has a plan for You and Me

The path We walked used to be so heavenly
But recently it's only been leaving hellish memories
I still won't let this be the end of We

So just wait patiently
As my breath comes back to Me
And I slowly pick up the pieces of We
And put them back carefully

I do my best to ignore our history
But it still gets to Me
And I begin to drift away ever so slightly

We begin to defy destiny
When We forget the parts that made You love Me
So, this time let's try to call it early
Before "We" just becomes
You and Me

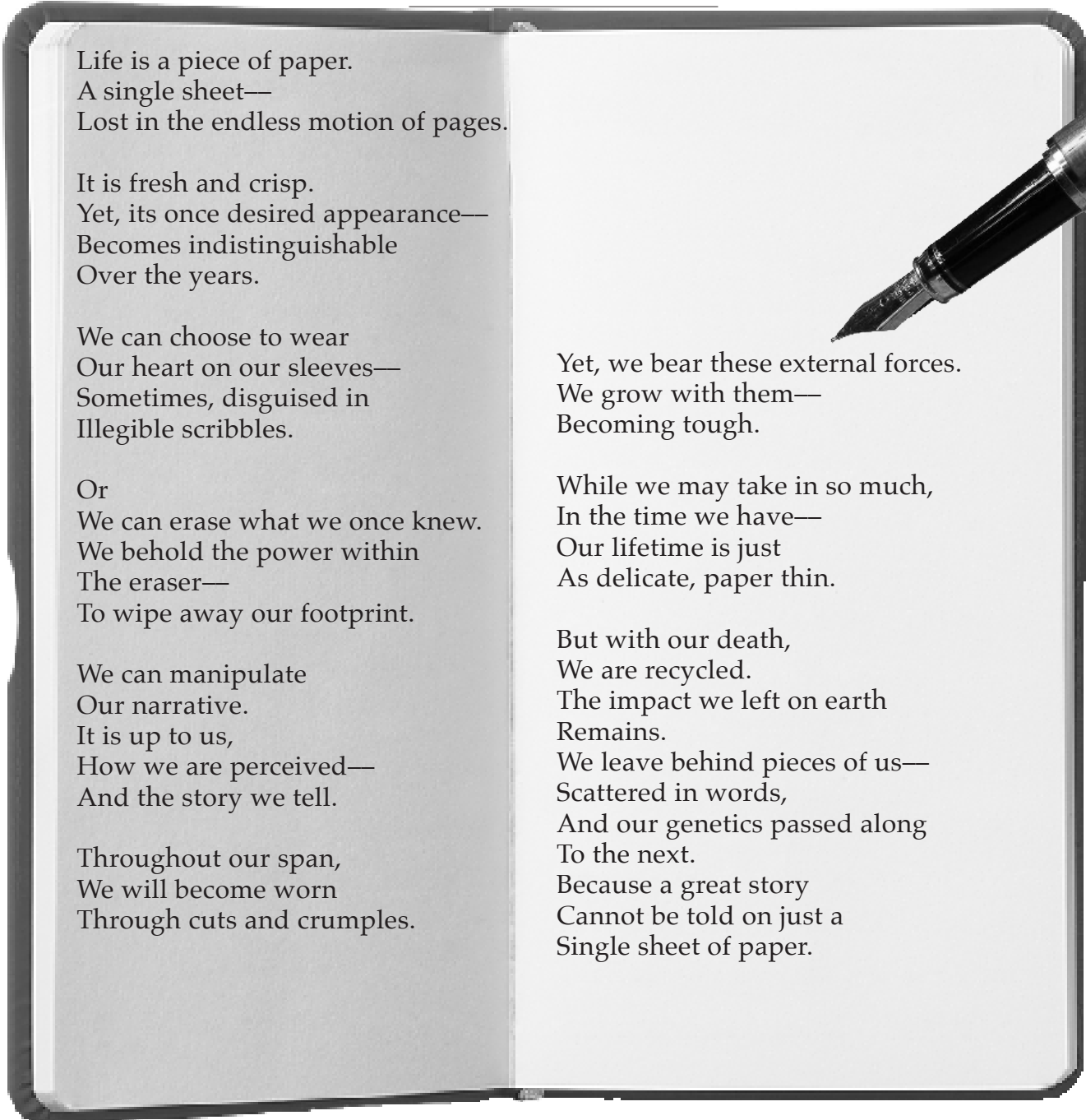
And We end up as another sad failed destiny
Forgotten in the tides of History

GRAPHIC DESIGN BY ELIZABETH MCGINN '21

A Lifetime

by Anna Pomeroy '23
Portfolio Staff

POETRY



Life is a piece of paper.
A single sheet—
Lost in the endless motion of pages.

It is fresh and crisp.
Yet, its once desired appearance—
Becomes indistinguishable
Over the years.

We can choose to wear
Our heart on our sleeves—
Sometimes, disguised in
Illegible scribbles.

Or
We can erase what we once knew.
We behold the power within
The eraser—
To wipe away our footprint.

We can manipulate
Our narrative.
It is up to us,
How we are perceived—
And the story we tell.

Throughout our span,
We will become worn
Through cuts and crumples.

Yet, we bear these external forces.
We grow with them—
Becoming tough.

While we may take in so much,
In the time we have—
Our lifetime is just
As delicate, paper thin.

But with our death,
We are recycled.
The impact we left on earth
Remains.
We leave behind pieces of us—
Scattered in words,
And our genetics passed along
To the next.
Because a great story
Cannot be told on just a
Single sheet of paper.

PHOTOS COURTESY OF PEXELS.COM

Dull Sparkle

by Grace O'Connor '22
Portfolio Staff

POETRY

After the miles of travel the bustle of the city felt like a sip of cold water on a hot summer day
The buildings scratch the sky above, as herds of people clog the sidewalks all around
The smell of food lingers and suffocates her as a nauseating reminder of comfort
There is no exchange of eye contact between those who walk by each other,
and the grimness of their faces highlight a mechanical sense of regularity
The golden encrusted staircases, extravagant drinks, red velvet seats,
and the translucent lights are a constant reminder of the ambition of humanity
This is the place she has thought about for years.
The place that is diverse from her home and represents everything it is not
The development of the city separates humanity,
making their lives spin around the touch of fiction, which is enhanced day by day.
She looks at everything out of reach and wonders
how simplicity is replaced by the craving for complexity
The water that holds the weight of the city glistens a dull sparkle
that surrounds the boats littered all around
She takes a deep breath and walks into the city
that forces the arms of the clock forward who reach back for their last dying breath.

PHOTOS COURTESY OF PEXELS.COM

Listomania*

Things to Do in Quarantine:

- Watch Paul Rudd movies
- Watch paint dry
- Create a background for your Zoom classes
- Finally start doing your freshman Civ reading
- Buy textbooks
- Start a YouTube vlog channel
- Write a one-man screenplay and act it out for your roommates
- Test out vaccines
- Write your memoir
- Binge-watch 10 hours of The Office reruns
- Unpack your clothes that are still in a suitcase under your bed
- Overspend on DoorDash and Uber Eats

*Listomania and Tiffany & Earl are both satirical pieces that do not reflect the views of Providence College or The Cowl.

Tiffany & Earl

*Making PC an emotionally stable
place one letter at a time*

Dear Tiff & Earl,

Lately, I’ve been getting extreme mask-cne. Nobody sees it because of my mask, but I know it is there and I don’t find it very attractive. How do I learn to find myself attractive again?

Sincerely,
Pimple Rick

Dear Pimple Rick,

Look yourself in the eyes and say, “You’re a champion. You got up today and you’re going to make the world a better place for it. Acne can’t stop this living, breathing legend.” Be your own biggest hype-man. And honestly, having acne makes you human. You needed one imperfection to put you at the same level as the rest of us. But I’ve also heard Neutrogena works wonders.

Scrubbingly,

Tiff

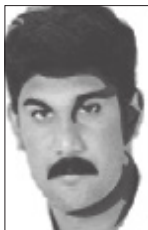


Dear Pimple Rick,

Usually I have something witty to say, but not this time. Life’s too short to worry about appearances. The people that truly care about you will stick around no matter how you look. Learning to love yourself despite your imperfections is one of the most important things in life. Oh yeah, and remember to wash your mask.

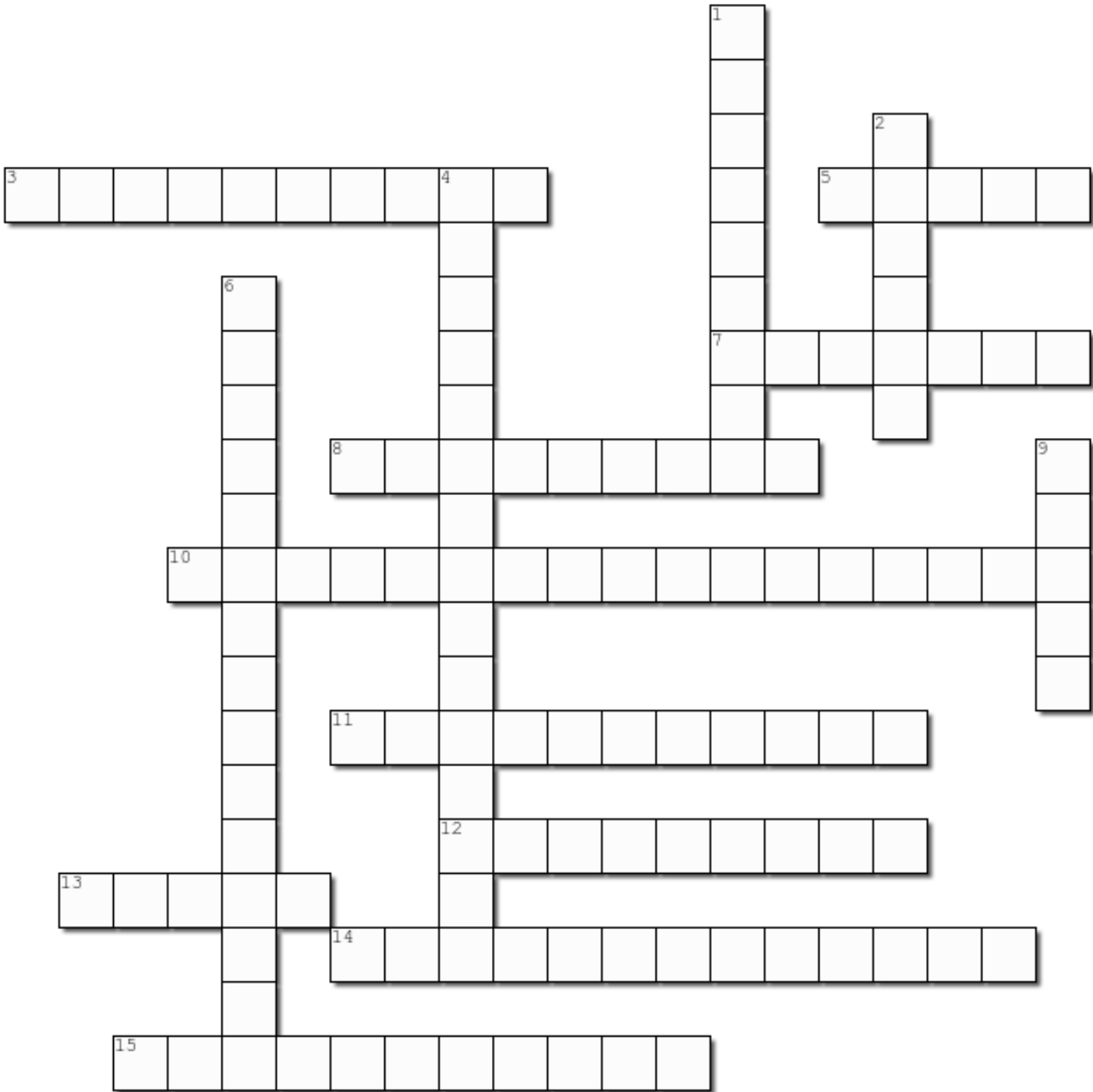
Lovingly,

Earl



Development of Western Civilization: The Basics

Do you remember these key authors and books from your DWC days?



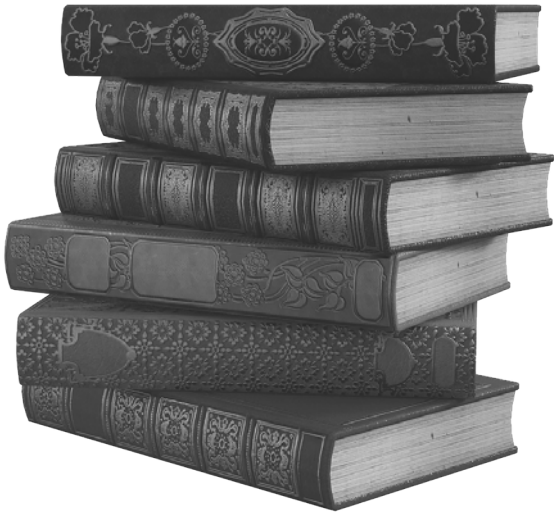
Created using the Crossword Maker on TheTeachersCorner.net

Across

- 3. ‘Poetry is the spontaneous overflow of powerful feelings’ said this Romantic poet
- 5. He makes it through the nine circles of hell in the Divine Comedy
- 7. ‘Let there be light’ says this book of the Bible
- 8. He said, ‘I think therefore I am’
- 10. Elizabeth Bennet is the protagonist of this novel
- 11. Stealing pears was one of his ‘Confessions’
- 12. Virtue is a mean, according to him
- 13. The Trojan War in epic poetry
- 14. Gregor Samsa wakes up one morning to discover he is a massive insect
- 15. Titled after the main character, who spends the entire novel preparing for a party

Down

- 1. This book by Albert Camus seems all the more relevant in the middle of a pandemic
- 2. “To be, or not to be” is a famous line from this play by Shakespeare
- 4. Chinua Achebe takes the title of this book on colonialism from a William Butler Yeats poem
- 6. The Wife of Bath is just one character who lends her voice in this collection of stories
- 9. The thinker behind the concepts of the id, ego, and superego



PHOTOS COURTESY OF PIXABAY



PHOTO COURTESY OF NEEDPIX

Olympics Update

by Leo Hainline '22
Sports Staff

INTERNATIONAL SPORTS

When the COVID-19 pandemic first hit, there was an eerie point in time when the entire sporting world went on pause. While many sporting events were canceled altogether, some major events were postponed to the summer of 2021. This includes the quadrennial Olympic Games and the European Championships (Euros) for soccer.

Although no one knows when stadiums will be packed with fans again, both of these competitions are expected to take place regardless. Even without fans, watching both of these historic competitions will add some quality entertainment to next summer.

Indeed, the Tokyo Olympics will happen next year under any circumstances. According to the International Olympics Committee (IOC), the opening events are planned for July 23, while the closing day is set to be Aug. 8. The IOC is branding it as the "Games that Conquered COVID." All eyes will be on Japan to see what measures will be implemented in order to host the Games successfully.

Officials have yet to determine whether spectators will be allowed to attend. They are also considering simplifying the opening and closing ceremonies in addition to reducing the number of staff and delegates from each nation. Over 200 countries intended on participating in the Tokyo Olympics prior to the pandemic, but Japan still has strict travel restrictions on most foreign nations.

The 11,000 foreigners entering the country will certainly require constant testing, but the fact that the Games are held in one city will be an advantage logistically. The Olympic Games have a tradition of being held regardless of ongoing global challenges, with the only cancellations in its history due to World War I and World War II.

As for the Euros, one of the biggest tournaments in the world of soccer, the competition is expected to take place from June 11 to July 11 in 12 different host cities. Usually the tournament is hosted by one or two European nations, but this year it was originally intended to be hosted across the continent to honor the tournament's 60th anniversary.

20 of the 24 teams participating have already been decided, with the remaining qualification games occurring on Nov. 22 for the final four teams. Italy is set to play Turkey at the Stadio Olimpico in Rome for the tournament's opening match on June 11. Like the Olympics, the status of fans at the stadiums has yet to be determined. While most soccer matches have been played without any fans in attendance, some countries have recently begun to allow in-person viewings.

Even with the United Kingdom being one of the hardest-hit countries during the pandemic, Wembley Stadium in London is set to host the finale of the tournament. The Premier League was planning on reintroducing fans in early October, but a recent uptick in the U.K.'s case counts has pushed back that initiative indefinitely.

Shammgod Shaping Future NBA Stars *Former Friar Flourishes in Role with Dallas*

by Thomas Zinzarella '21
Sports Staff

MEN'S BASKETBALL

It has been over 20 years since God Shammgod '15 donned the Friar black and white on a basketball court, yet he continues to carry lessons learned in Friartown with him in his career as the player development coach for the Dallas Mavericks. Indeed, Shammgod plays an integral part in the development of players not only on the Mavericks, but around the NBA as well.

To see where it all began, the clock must be turned back to 1997. The Providence College Men's Basketball Team, led by head coach Pete Gillen, was en route to the program's fourth-ever Elite Eight appearance. The team had a core of players that featured a shifty point guard from New York City named God Shammgod.

It was in the Elite Eight game against the eventual champion, the University of Arizona Wildcats, that Shammgod would make his name known nationwide. Shammgod, famous for his exceptional ball handling skills, dribbled the ball towards the baseline from the wing. He then moved his body in the other direction while simultaneously pulling the ball back in towards the paint. This move would be coined, "The Shammgod."

Shammgod elected to forgo his final two years at PC to take his talents to the NBA. He was drafted in the second round by the Washington Wizards and played for a few seasons before moving on to play overseas. After his playing career ended, his first order of business was to finish his undergraduate studies.

Shammgod re-enrolled at PC in 2012 and started working on Ed Cooley's staff. Cooley had just been named head coach of the men's basketball team in 2011. Shammgod, at the time, was uncertain as to what he wanted to pursue following his NBA career. His time in Friartown pointed him in the direction of coaching.

"The way Coach Cooley and his staff coaches...they're all hands-on coaches and hard workers," Shammgod stated. "Ed Cooley is a great coach, motivator, and innovator for the sport. He gets the best out of his players."

During his time as a coach under Cooley, Shammgod played an important role in the development of some brilliant Friar point guards, including Bryce Cotton '14, Kris Dunn '16, and Kyron Cartwright '18. Shammgod explains, "Their success is a testament to all of their hard work and what they put in... [That's what will happen] if you're willing to listen and to grow as a person and a player." He pointed to each of the player's successes in Friartown, but also to their successes in the professional leagues as well. Whether it was Cotton winning MVP awards in Australia or Dunn excelling with the Chicago Bulls, Shammgod was sure to recognize

the talents of the Friar family.

Though he now works at the professional level, Shammgod still recalls the passion and pride that comes with being a Friar. "The energy from the fans makes people play a certain way and with pride," he said. "PC is the biggest show in town. You have to play with a sense of urgency and pride."

In his current job with the Mavericks, Shammgod coaches some of the best young talent in the world. He works with stars such as Kristaps Porzingis and Luka Doncic, perhaps one of the best international duos to ever grace an NBA court. Doncic won the NBA Rookie of the Year Award in 2019, was named to the All-Star team in 2020, and with his recent play in the NBA bubble, looks to be an MVP candidate for years to come. "I feel blessed and honored," said Shammgod, "for kids to listen and take advice from me no matter what I have done in my career...I take a lot of pride in that...to see dreams come true...knowing all of the hard work they put in, for me it is wonderful."

Although he is currently on an NBA staff, Shammgod has worked with players on all levels of basketball. He recalled working with a young Kobe Bryant when they played on the same Amateur Athletic Union (AAU) team for a summer in high school. Bryant's dad actually approached Shammgod to ask him to help his son work on his dribbling skills. Shammgod and

Bryant became friends and remained so well after. When asked about Bryant, Shammgod reflected fondly on their relationship. He talked about the attitude that many referred to as the "Mamba Mentality." "[Bryant] said one day he would be better than Jordan," Shammgod recalled. "And he believed it. Even if nobody else did. We had a friendship because we had a certain bond about work ethic."

Another major influence on Shammgod was the late-great John Thompson '64, a legendary collegiate coach and PC basketball star. Thompson and Shammgod connected through their love of hoops and passion for coaching. Thompson made sure to instill in Shammgod the idea that there was no one way to coach, that there was no perfect blueprint that you could easily follow. Shammgod took this advice to heart.

These days, everybody wants to learn "The Shammgod." Shammgod gets asked about the eponym everywhere he goes. Though he is perhaps most famous for this specific move, Shammgod refuses to let it define him and continues to strive to achieve even more than he has already. He hopes to one day be the general manager of an NBA team. "I keep studying and working hard, developing...my foundation is strong," said Shammgod. "I come from a great tradition, a foundation of family and sports at PC...I don't see how I can lose."

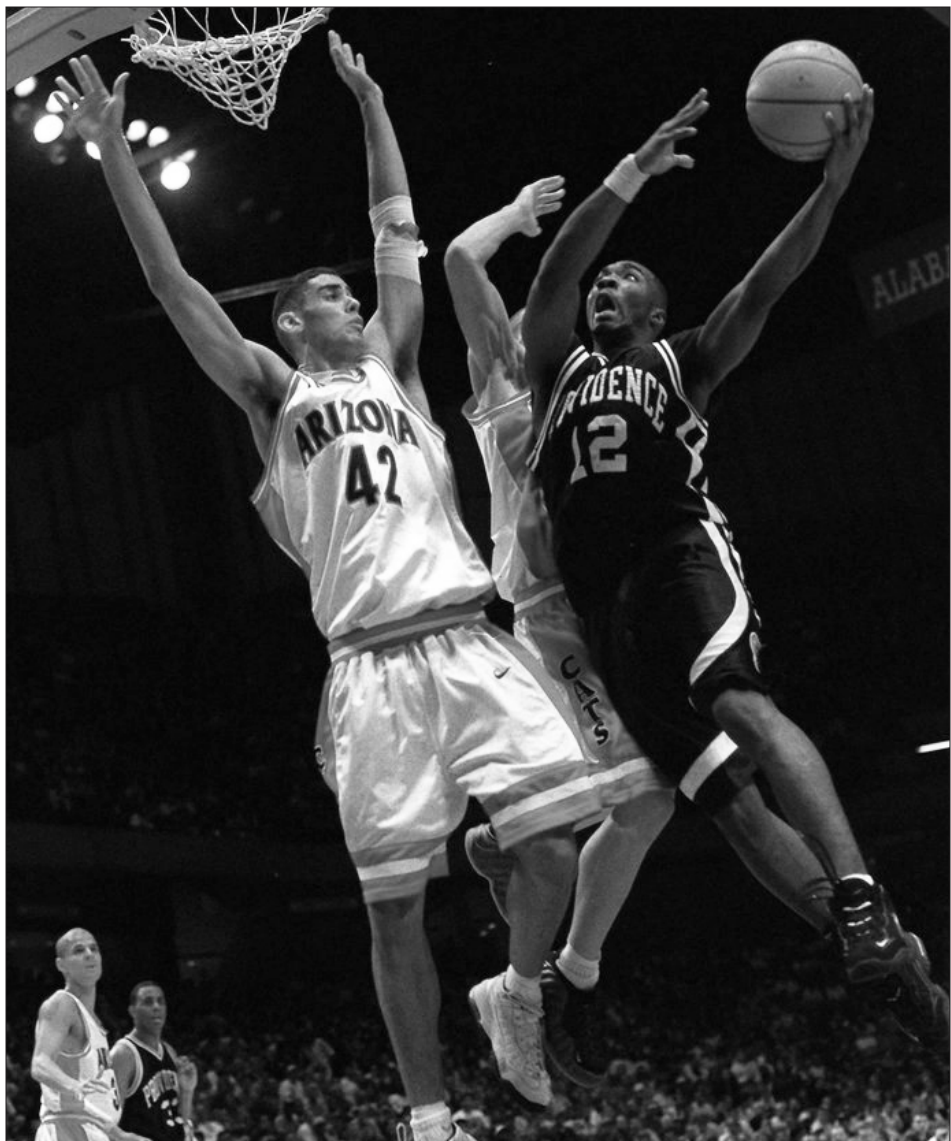


PHOTO COURTESY OF THE NEW YORK TIMES

In his two seasons at PC, Shammgod averaged 10.3 points and 6.6 assists per game. In the overtime loss to Arizona in the Elite Eight, he scored 23 points and recorded five assists.

Gavitt, Cooley Elevated Program to Elite Status

100 Years

Continued from front page

The Al McClellan Era:

Despite basketball being played for the first time at PC in 1920, the Friars’ first official varsity basketball season began in 1926. This upstart team was headed by Archie Golembeski, who at the time was also the College’s football coach. Golembeski left the following year to devote more time to football, so in came Al “The General” McClellan.

McClellan gave the program a much-needed boost in its early years: he helped lead the Friars to four New England Championships in 1929, 1930, 1932, and 1935. The Friars also finished in second place four times under McClellan. Vitally, he made the Friars one of the only New England colleges at the time willing to leave the New England area to play eastern basketball powers such as Seton Hall University, St. John’s University, Villanova University, and City College of New York.

McClellan also made the program one of only two New England schools to compete in the 1936 U.S. Olympic playoffs. Without McClellan’s willingness to push the boundaries, the PC basketball program may have died out much like Golembeski’s football program.

The Joe Mullaney Era:

A lot happened in the period

between the initial success of McClellan and the hiring of Joe Mullaney.

After McClellan left the team, the Friars were put into a “small school” conference, taking away their ability to play teams like St. John’s and Villanova. World War II shut the program down temporarily as well. Things started to change, however, when the sixth president of PC, Reverend Robert Joseph Slavin, O.P., recognized that the team could compete at the highest level of college basketball. A movement began to raise money to build a new gym on campus.

Then in 1955, the Friars took a gamble and hired Mullaney. Prior to joining PC, he had just one year of head coaching experience at Norwich University. Before that, Mullaney worked for the FBI. The young and unproven head coach would quickly prove the doubters wrong, as the Friars took off running under his coaching. They quickly notched a huge win over Notre Dame University, and the team climbed higher and higher from there.

In 1959, Mullaney coached the team to a quadruple-overtime win over perennial powerhouse Villanova, leading to their first National Invitational Tournament (NIT) bid. The Friars soon followed that up with an NIT championship game appearance in 1960 and then finally an NIT championship in 1961. In the 1960s the Friars were consistently a top-20 team and even

had a streak of nine consecutive 20-win seasons.

In 1963, the Friars won the NIT again before reaching the Elite Eight of the NCAA tournament for the first time ever in 1965. They came into the tournament as the No. 4 team in the country. Jimmy Walker, one of Mullaney’s recruits and the leader of these mid-60s Friars, became PC’s first 2000-point scorer ever. Walker led the nation in scoring in 1967 and was soon drafted with the first pick in the NBA draft by the Detroit Pistons.

Mullaney spent 14 years with the Friars, leading them to a 271-94 record (.742) and two NIT championships. The only schools to post higher win percentages than Mullaney’s Friars in the 1960s were the University of California, Los Angeles and the University of Kentucky. Mullaney would leave the Friars in 1969, riding his Friartown success to the head coaching job for the Los Angeles Lakers.

The Dave Gavitt Era:

Dave Gavitt was an assistant on Joe Mullaney’s staff in the early ’60s before moving on to coach at Dartmouth College. After Mullaney’s departure to Los Angeles, Gavitt was hired back as his replacement, which ensured PC’s continued success.

Gavitt, much like his predecessor, led the Friars to eight consecutive 20-win seasons and posted a 209-84 (.713) record. His teams featured six All-Americans, as well as a Sweet

Sixteen appearance and a Final Four appearance during his 10-year tenure as coach of the Friars.

However, perhaps his biggest contribution to the program was directing national attention toward PC basketball. Gavitt recognized that the 3000-seat arena in Alumni Hall was too small for the Friars if they wanted to become a perennial competitor on the national stage. So, he negotiated a deal to play in the Providence Civic Center (renamed the Dunkin’ Donuts Center in 2001), which allowed the team to play big-time opponents in front of sellout crowds.

In 1976, Gavitt and PC set up their own holiday tournament, the InBank Classic, where they upset the University of Michigan in double overtime. In 1979, Gavitt stepped down as the coach of PC to become the first commissioner of the newly founded Big East Conference, in addition to his responsibilities as the College’s athletic director.

The 1987 Final Four:

PC was in a lull. Coach Gavitt had left the team right when its competition became tougher, as the creation of the Big East meant more games against teams such as Villanova, St. John’s, and Seton Hall. It also meant PC’s schedule was now filled with other basketball powerhouses from other big conferences such as the Atlantic Coast Conference and the Big 10.

With this major increase in competition, it became clear that the Friars lacked the talent to contend with the best teams. That is, until they hired Rick Pitino, an assistant coach from the New York Knicks. Pitino would field a winning team in his first season as coach before completely revamping the team in 1987. Led by point guard Billy Donovan, a future head coach himself, Pitino’s Friars roared to a 25-9 record and their first top-20 appearance in years.

The team would dance all the way to their second Final Four ever. Although they lost to Syracuse University, the Friars were back on the map. Unfortunately, 1987 would be Pitino’s second and final season at PC, as he accepted an offer to return to New York to become the Knicks’ head coach.

The Ed Cooley Era:

After the Final Four run with Pitino in 1987, the Friars continued to have success, but to a lesser extent. The late 2000s featured a major lull in PC basketball history. However, the 2011 hiring of Providence, Rhode Island native Ed Cooley changed that.

Cooley has led Providence to some very successful seasons in recent years. This includes the College’s second-ever Big East title in 2014 and a string of five consecutive NCAA tournament appearances. He also led the team to big upset victories such as a win over third-ranked Villanova in 2018 and a historic run of consecutive wins against top-25 opponents in the 2019-2020 season. Additionally, Cooley produced top NBA talent such as Kris Dunn, and he continues to make the Friars a force in the Big East.

Cooley is now looking to build on the Friars’ 100 years of success as the team enters its second century of existence.



GRAPHIC BY JACK BELANGER '21/THE COWL

Some of the giants in the Friars’ history includes (clockwise from top-left) two-time All-American Jimmy Walker ’67, coaches Dave Gavitt, Rick Pitino, and Ed Cooley, each of whom led PC to the National Tournament.

This Week in Friar History

Men’s Soccer:

Oct. 1, 2016 vs. Xavier University, Win 2-1

Unable to be separated in regulation, the Friars needed extra time to knock off the Musketeers. Danny Griffin ’20 sent PC home with a win, burying a one-timer with 1:59 remaining in the first overtime period.

Sept. 29, 2018 vs. Xavier University, Win 2-0

The Friars used two second-half goals by Griffin and Joao Serrano ’20RS to knock-off the No. 22 Musketeers.

Women’s Soccer:

Sept. 29, 2013 vs. DePaul University, Win 1-0

PC started off their Big East home schedule on a high note with a strong defensive performance capped off by a Catherine Zimmerman ’16 goal.

Oct. 3, 2019 at Marquette University, Win 2-1

Elayna Grillakis ’22 played hero again for the Friars, securing the win in double overtime via her third golden goal of the season.

Field Hockey:

Oct. 4, 2019 at Villanova University, Win 3-1

After going into halftime tied 1-1, PC turned on the jets in the second half. Goals by Niamh Gowing ’22 and Maddie Babineau ’21 all but ensured a Friar victory.

Cross Country:

Sept. 28, 2012 at Paul Short Invitational, Lehigh University

Sarah Mary Collins ’17RS finished third on the women’s side while Shane Quinn ’15 secured an eighth place finish in the men’s event. Both paced their overall squads to a sixth place finish out of 40, and a fifth place finish out of 37, respectively.

Volleyball:

Oct. 3, 2007 vs. Quinnipiac University, Win 3-0

The Friars won their third straight game with Jeanette Toney ’09 leading the charge with a match-high 13 kills, four blocks, and a .357 hitting percentage.

Oct. 2, 2011 vs. University of Hartford, Win 3-2

Lauren Fletcher ’12 totaled 28 kills to go along with Carly Morrison’s ’12 47 assists en route to a hard-fought Friar victory over the Hawks.



Hockey Welcomes Seven New Players

by Liam Tormey ’22
Sports Staff

MEN’S ICE HOCKEY

Although there will be a delay to the start of Hockey East play, the Providence College Men’s Ice Hockey Team is excited to welcome seven new faces to the 2020-21 roster. The list consists of four freshmen and three transfer students. Included in the list of seven players are Brett Berard ’24, Anton Martinsson ’21GS, Nick Poisson ’24, Uula Ruikka ’24, Jaxson Stauber ’23, Matt Tugnuttt ’21GS, and Chase Yoder ’24.

The first player on the list, Brett Berard, is a 5-foot-9-inch, 163 pound forward from East Greenwich, Rhode Island. Berard played for the U18 USA Hockey National Team Development Program in the 2019-2020 season, and recorded 16 goals and 18 assists in 41 games.

He has also been ranked No. 45 by the NHL Central Scouting for North American Skaters in preparation for the 2020 NHL Draft. Although it did not occur this summer due to COVID-19, Berard was one of 44 United States players named to the 2020 World Junior Summer Showcase.

Berard is the son of PC alums David Berard ’92 and Lynne Berard ’93. David played men’s hockey and is currently the head coach of the College of the Holy Cross Men’s Ice Hockey Team. He has also spent time at PC on the men’s hockey staff as an assistant coach (1994-96 and 1998-2011) and the director of hockey operations (2013-14). Lynne starred at field hockey while at PC and is the current President of Samsonite LLC North America.

When pressed on his small stature in an interview, Berard noted that, “As an undersized guy, I’m trying to play like Brad Marchand. He doesn’t take anything from anyone, no matter how big they are, and he’s a great offensive player.” Friar fans certainly hope Berard replicates the play of the Bruins’ forward.

Anton Martinsson is the next name on the list. Martinsson, from Klippan, Sweden, is a 6-foot-1-inch, 175 pound goalie coming off a full four years at the University of Alaska Fairbanks. Martinsson had a career-best year last year with a 2.51 GAA and a .919 save percentage. Most notably, he had a 35-save shutout on the road against the No. 8 ranked team in the country, Penn State University. With Michael Lackey ’20GS having graduated last year and the transfer of Jake Kucharski to American International College, Martinsson will be up for the starting job alongside Gabe Mollot-Hill ’21 and Jaxson Stauber.

Indeed, Stauber is another goalie transfer. Last season, Stauber appeared in just one game for Minnesota State University, but showcased a 1.00 GAA and a .933 save percentage. He was also a part

of the Sioux Falls Stampede in the United States Hockey League, where he led all goaltenders with a .918 save percentage in the 2019-2020 season. Stauber was instrumental in leading Sioux Falls to the 2019 Clark Cup title. In 12 playoff games, he posted a 1.46 GAA and a .941 save percentage, securing him the 2019 Clark Cup MVP.

Stauber’s coach in the USHL, Scott Owens, had nothing but praise for the new Friar goalie. “First you can see that his fundamentals and technique are so much better than the average goaltender,” said Owens. “And then you can see a little bit of it in the genes. He moves well, he’s athletic. He understands the position very well.”

Nick Poisson, from Vancouver, British Columbia, is a 5-foot-11-inch, 185 pound forward. He played for Prince George in the British Columbia Hockey League before coming to Friartown. During his time at Prince George, Poisson put up better numbers each year. Last season, Poisson led Prince George in scoring with 21 goals and 26 assists in 49 games played. He also led the team with five game-winning goals while serving as an alternate captain.

Uula Ruikka is the lone defenseman on this list. Hailing from Oulu, Finland, Ruikka last played for the Chicago Steel of the USHL. Last season, he posted four goals, 21 assists, and a +17 rating for the Steel. “On the ice, he is a team-first guy with a lot of skill to go along with his great skating ability,” said Steel general manager Ryan Hardy. Ruikka will be one of nine defenders on PC’s active roster.

Matt Tugnuttt is another graduate student transfer for the Friars. The forward transferred from Sacred Heart University where he served as the alternate captain for the Pioneers. Over the course of his career, Tugnuttt has earned himself 30 goals and 42 assists in 97 career NCAA games. He finished with 14 goals and 16 assists last season.

Last on the list is another forward: Chase Yoder. Yoder, 5-foot-11-inches, 185 pounds, comes from Fairview, Texas and last played in the U.S. National Team Development Program. Last season, Yoder produced 10 goals and 10 assists for the U.S. U18 Team. Yoder grew up as a two-sport athlete, starring in baseball as well.

“There are definitely some similarities between the two sports, especially when it comes to having a short memory,” Yoder said when questioned about how his upbringing translated to his current success. “Whether you strike out in baseball or have a bad shift in hockey, you just have to let it go and focus on your next play.”

With four forwards, two goaltenders, and one defenseman, the Friars appear to have a deep class of newcomers to add to an already talented team. All players hope to showcase their skills sooner rather than later, as all eyes are on the status of the Hockey East.



PHOTO COURTESY OF PC ATHLETICS

Comprised of veterans and freshmen, the incoming group will be tasked with bringing the Friars back to the top of the Hockey East Conference. They look to improve on last season’s lackluster 10-11-3 conference record.